

MEDICAL ADMONITIONS

ADDRESSED TO
FAMILIES,

RESPECTING THE

PRACTICE OF DOMESTIC MEDICINE,

AND THE

PRESERVATION OF HEALTH.

WITH

DIRECTIONS FOR THE TREATMENT OF THE SICK,

ON THE

FIRST APPEARANCE OF DISEASE;

BY WHICH

ITS PROGRESS MAY BE STOPPED, AND A FATAL TER-
MINATION PREVENTED FROM TAKING

PLACE, THROUGH

NEGLECT OR IMPROPER INTERFERENCE.

How best the fickle fabric to support
Of mortal man; in healthful body how
A healthful mind the longest to maintain.

ARMSTRONG.

BY

JAMES PARKINSON.

IN TWO VOLUMES.

VOL I.

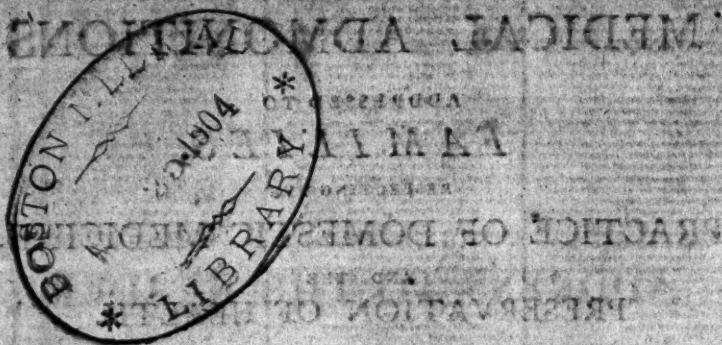
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other less important matter, the following pages
were selected. But even these have proved
more numerous than was at first expected, and
ADDRESS TO THE READER.

such an arrangement as would allow them to be
bound, either in one or in two volumes.

CONVINCED that many lives are lost by
neglecting to apply sufficiently soon for medi-
cal aid, and by improper treatment of diseases
by domestic practitioners, the writer of the
following observations offers them to the public,
with the pleasing hope that they may lessen the
number of victims to negligence and presump-
tion.

He had prepared for publication a much
larger and more systematic work; but believing
that the admonitions he wished to diffuse would
be more impressive alone, than if blended with
other

other less important matter, the following pages were selected. But even these have proved more numerous than was at first expected, and on that account it was thought proper to make such an arrangement as would allow them to be bound, either in one, or in two volumes.

P. 492. l. 6. For *external injuries*, read *external violence*.

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A
TABLE
OF
SYMPTOMS,

POINTING OUT SUCH AS
DISTINGUISH ONE DISEASE FROM ANOTHER;

AS WELL AS THOSE WHICH
SHOW THE DEGREE OF DANGER,

IN EACH DISEASE.

Vol. I.

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T A B L E

S Y M P T O M S

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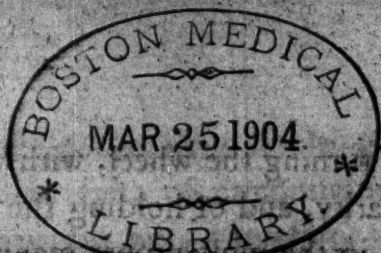
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INTRODUCTION

TO THE

TABLE OF SYMPTOMS.

IN the most trifling affairs, hardly any one will be found who will entrust another, with the performance of any business of the nature of which he is uninformed.

Should any one be asked to trust another with the turning of a toothpick, out of some substance which he valued, merely on the recommendation of his having an excellent set of tools, and an essay on the art of turning, he would consider that some practice would be necessary to give him

him the art of turning the wheel, with due velocity and regularity, and of holding the tool, and of applying it in the most proper manner. He would remark that repeated observation and experience were required, to give a knowledge of the grain of various substances, and in what direction the grain of different substances should be worked; and that without this knowledge, he would be likely to shiver to pieces the substance on which he operated, instead of making it assume an useful and beautiful form. He would therefore say, No, you must excuse me, I must apply to some artist of more judgement and ability, for I will not have my toothpick spoiled. But often when life itself is at stake, much less circumspection is employed than in the turning of a toothpick—the treatment of some dangerous disease is confided to any one who possesses a medicine chest and the small share of skill which is derived from the perusal of some treatise on domestic medicine.

To destroy the strange infatuation on which such inconsistency depends, would be a hopeless endeavour; but humanity suggests, nay, commands, that every thing be done which may be likely

likely to lessen the evils resulting from it. If men will, in spite of remonstrance, rush into danger, they are not, therefore, to perish unaided. Should any one obstinately put to sea without a compass to steer by, and without any knowledge respecting the navigating of a ship; but what he picks up during his voyage, by reference to some treatise on navigation, it would not be sufficient, merely to endeavour to dissuade him from making the rash attempt. But if he persist, every possible assistance should be yielded him: the perils he has to shun should be clearly pointed out, the different rocks and quicksands he is to avoid should be marked; and the different circumstances should be described which may show his near approach to danger.

With a similar intention, is the following table given: it is by an attention to symptoms, that the physician is enabled to steer his course with confidence and safety, and to discover the dangers which threaten. By a reference to the following table, and by examining the symptoms most prominent at the commencement of disease, domestic practitioners therefore, may more

readily detect the disease which they wish to remove; and will be then better able to determine, as to the propriety of taking the task of curing it on themselves. If this be resolved on, a reference to the table may also serve to show the degree of danger which is marked by any particular symptom, which may arise in the progress of the disorder, and which calls for very powerful assistance.

TABLE

TABLE

OF

SYMPTOMS.

ANXIETY.

WHEN FEVER is accompanied by extreme anxiety, the patient sustaining, at the same time, a considerable loss of spirits and strength, the fever may be judged to be of a *malignant* kind, and to require the most powerful aid.

APHTHÆ, *see* THRUSH.

APPETITE, LOSS OF,

When accompanied by squeamishness, vomiting, distention and pain of the stomach,

eruptions and heart-burn, weakness of the stomach has taken place; demanding a judicious regulation of the diet; and the use of corroborant remedies.

Returning in fevers and other acute diseases, a sign of a speedy recovery.

For things, seemingly improper, may often be indulged, in fever, not only without any ill consequence, but frequently with considerable advantage.

BELLY, PAIN OF, in lying-in women.

If within a few days after delivery, a considerable degree of foreness and pain is experienced in the belly, preceded by cold shiverings; the pulse becoming quick and small, the skin dry, the head and back painful, the breathing difficult, and the patient oppressed with excessive anxiety and dejection of spirits; there is great reason to suppose *the Puerperal Fever*, as it is termed, has come on: requiring the most judicious and prompt exertions.

Violent pain of, chiefly possessing the parts about the navel, vomiting and obstinate costiveness,

tiveness, with fever, show the existence of inflammation of the bowels, a disease which in general terminates fatally in a very few days, if proper remedies are not early adopted.

Gripping pains of, chiefly about the navel, accompanied by troublesome urgings, and generally preceding slimy or mucous stools, in which small streaks of blood are perceivable, show the disease to be *Dysentery* or *Bloody Flux*.

BLOOD, raised by Coughing.

In every case in which blood is raised by coughing, it may be concluded that some blood-vessel in the lungs is ruptured. This circumstance is generally followed by Consumption, to mention this must be sufficient to induce early attention.

Raised by vomiting.

Blood thus discharged, must proceed from the stomach; and except in cases of interrupted menstrual discharge, is attended with no small degree of danger.

Spitting

Spitting of, without cough or vomiting.
This always proceeds from the mouth only, and
is therefore unaccompanied by danger.

Discharged from the Nostrils.

This seldom occurs but in such a state of the
system as demands great care, that by a spare
regimen and a due employment of exercise,
such a degree of fulness of the blood-vessels
be prevented, as may produce *Consumption*
in the young, or *Apoplexy* in the aged.

Flowing from the Fundament.

This may in general be concluded to proceed
from the Piles, if this be not the case, some
internal mischief is to be feared.

BLOODY STOOLS, *see* BELLY,

GRIPING PAINS OF.

BREAST, SWELLING OF.

This symptom sometimes comes on, as the dis-
ease, termed the *Mumps*, subsides, but is
always without danger.

SMALL

SMALL KERNEL IN.

When a small, hard, moveable and painful kernel appears in the breast, a *Cancer* may be apprehended to be forming; and therefore the most speedy assistance should be obtained.

BREATHING, SHORT.

Frequent little cough, with shortness of breathing, pain in some part of the chest, and fever, denote *Inflammation of the Lungs*, which if not removed within the first two or three days of the disease, will either occasion death speedily, or produce a lingering *Consumption*.

BREATHING, DIFFICULT.

The breath drawn in with a loud wheezing sound, and the voice hoarse, with a Cough accompanied by a shrill barking sound, show the disease to be the *Croup* or *Inflammation of the Wind pipe*; the removal of which can only be obtained by the employment of proper means, in the *first hours* of the existence of the disease.

Returning, by fits, accompanied by a sense of tightness across the chest, marks the disease to be *Asthma*.

CON-

CONVULSIONS,

In children, often precede the *Small Pox*.

Frequently accompany *dentition*, and may, in general, be speedily cured, by properly lancing the gums.

Often occasioned by *worms* irritating the stomach and bowels.

Of the whole body, with frothing at the mouth, and total loss of sensibility, characterise *Epilepsy*, or the *Falling Sickness*; so termed from the subjects of this disease falling suddenly on the coming on of the fit.

With a sensation as if a ball was rising in the throat, flutterings and rumbling in the bowels, shew the disease to be *Hysterics*.

COSTIVENESS.

Obstinate costiveness, with severe pain and contraction of the belly, point out the *Colic*.

When

When it happens to the makers of white lead, painters, lapidaries, &c. there will be reason to suppose it is produced by the *poison of lead*.

With extreme pain, fever, and vomiting, show *inflammation of the bowels*.

The symptoms just enumerated, may be produced by a protrusion of some part of the bowels, at a *hernia or rupture*.

Often found with weak organs of digestion.

COUGH.

Long continuing should excite apprehensions, lest some dangerous alteration be taking place *in the lungs*.

With shortness of breath, fever, and pain in the chest, the face swelled and of a purplish colour, particularly point out *inflammation of the lungs*.

Continuing with shortness of breath, after the other symptoms have subsided, gives reason to

to apprehend such a change in the state of the lungs, as may terminate in *Consumption*.

Frequent, with increased discharge from the mouth, nose, and eyes, distinguishes *Catarrh*.

And redness of the eyes, accompanying an eruption on the skin, with fever, are the symptoms of *Measles*.

May sometimes be an *hysterical affection*.

Is sometimes symptomatic of an *affection of the liver*.

Discharging purulent matter, and accompanied by fever, increasing twice in the twenty-four hours, shows that *Consumption* has taken place.

Strangling, convulsive, quickly repeated, and accompanied with a peculiar hooping sound, *Hooping Cough*.

CRAMP in the legs.

A frequent symptom in the disorder of the bowels, termed the *Cholera Morbus*.

DEAF-

DEAFNESS,

Succeeding to a purulent discharge from the ear,
is seldom cured.

Of considerable length of duration, often depends on the external passage of the ear being obstructed by wax, and consequently may be cured by its removal.

DELIRIUM.

Preceded by cold shivering, and succeeding to excessive indulgence in spirituous liquors, demands the utmost attention, since *inflammation of the brain* may perhaps be forming.

In acute diseases, never occurs without danger.

In the beginning of fever, ought to excite the utmost alarm, it probably being the consequence of *inflammation of the brain*.

Accompanying *Erysipelas*, or *St. Anthony's fire*, and increasing as the disease proceeds, is an alarming symptom; pointing out some serious affection of the *brain or its membranes*.

Whenever

Whenever violent, with redness of the face and eyes, and fever, the patient experiencing great inconvenience from light and noise, *inflammation of the brain* may be concluded to be present.

DROPSICAL SWELLING,

Of the whole body, at the conclusion of *Scarlet Fever*, shews a dangerous disposition, and if not removed at it's first appearance may terminate fatally.

DROWSINESS,

With a difficulty of speech and of recollection, and numbness of the limbs, demand the greatest attention, being often the forerunners of *Palsy or Apoplexy*.

Accompanied by pain in the head and pit of the stomach, and preceded by shivering, sometimes takes place on the commencement of the fever of *Small Pox*.

With a frequent dry, hoarse cough, and running at the eyes and nose, is generally followed by the eruption of the *Measles*.

EARS,

OF EARS,

Extreme pain of, always to be considered as a symptom demanding great attention; since it generally shows inflammation to have taken place, which, if not removed in time, may terminate in deafness for life.

Sense of ringing in, with head-ach and continual drowsiness, threatens *Palsy* or *Apoplexy*.

OF ERUCTIONS,

Frequent, acid, denote a *weakness of the stomach*.

OF ERUPTION, SCARLET,

Gives name to the *Scarlet Fever*, with which is frequently found *ulcerated Throat*.

Is also, generally, a symptom in the *malignant ulcerated Throat*.

OF PIMPLES,

In their first appearance somewhat resembling the foregoing eruption, but the cuticle being a little elevated, and the eruption more clustered, marks it to be the *Measles*. The making the necessary distinction is more easily accomplished,

plished, when the eyes and nostrils suffer an increase of discharge, and the former look red and inflamed.

When more distinct and more elevated, and the nostrils and eyes are not affected, as in the former case, the disease may be concluded to be the *Small Pox*, which will soon plainly appear, the eruption assuming a pustular form. It should be remembered that the termination of this and the former disease, will frequently depend on their treatment in their first stages.

If it resembles the eruption just mentioned, except in its assuming, at its first appearance, more of a vesicular form, and dying off on the third or fourth day, the disease is the *Swine* or *Chicken Pox*; a disease without danger, and seldom demanding medicinal assistance.

VESICULAR,

Appears of the size of a millet seed in fevers, and other diseases, where there has been profuse sweating, or in cases where much blood has been lost; and is termed the *Miliary Eruption*.

OF

OF RED SPOTS,

With a lighter centre, accompanied with an itching, resembling that which is produced by the stinging of nettles, is called the *Nettle Rash*.

Scaly, white, and itching, beginning about the elbows, and spreading to the hands, the body and face, is the *Leprosy*.

OF SMALL PIMPLES,

Containing a pellucid fluid, appearing all over the body, but chiefly at the bending of the limbs, and itching violently, is the *Itch*.

On the head, terminating in ulcers, which discharge a humour soon drying into a whitish crust, is denominated *Tinea*, or *Scald Head*.

EXTREMITIES

Becoming cold, in acute diseases, marks danger.

Becoming cold, with pain in the belly, or with great heat of the body, also shews danger.

EYES,

Not closing during sleep, in fevers, is a bad symptom.

Red, painful, and watery, with incapability of sustaining the light, shows inflammation of this organ.

Appearing sunk, dull, or watery, is a symptom of much danger in fevers.

FACE

Contracted, the eyes appearing sunk, nose sharp, the ears cold, the skin dry and pale, the eyelids, lips, and cheeks livid, show life to be nearly at an end.

Swelled, pale, and of a waxy hue, in children, points out a disposition to *Rickets*.

—— Pale and fallow in young female subjects, shows such a *cachectic disposition*, as if not removed may terminate in complaints of a very serious tendency.

FAINTING.

FAINTING.

When it occurs frequently, points out a very debilitated state of the system.

FEVER,

Accompanying pain in any internal part, shows in general, that inflammation is establishing itself in that part; and can only be removed by an immediate employment of powerful means.

Increasing about noon and evening, with sweats during the latter part of the night; and the urine depositing a bran-like sediment, gives reason to suppose that some change in the system, full of danger, has taken place.

FITS,

Happening just before the eruption of the Small-pox, are not always, though generally succeeded by a favourable kind.

GIDDINESS.

With sickness of the stomach and loss of appetite, shows the *Stomach* to be foul.

Accom-

Accompanied with head-ach, ringing in the ears, and impaired powers of recollection, threatens apoplectic or paralytic attacks.

HANDS AND FEET SWELLING

IN SMALL-POX.

As the swelling of the head and face subsides, is a favourable symptom.

HEAD-ACH,

Continuing, with violence, through the course of fevers, shews that a fatal termination of the fever is to be apprehended.

With giddiness, sickness, and loss of appetite, but without fever, accompanies *foulness of the Stomach.*

With redness of the face and eyes, and fever, are symptoms of inflammation of the brain.

Accompanying *Inflammation of the Eyes*, is in general a mark of danger.

With eruptions, and loss of appetite, points out *Indigestion.*

With

With pain and tension at the pit of the stomach, generally proceeds from *wind pent in the stomach.*

When accompanied by a *strict state of the bowels,* may be attributed to that circumstance.

With florid countenance, and a full, sluggish pulse, may arise from *fullness of blood.*

With chilliness, slight shiverings, and great lassitude, generally distinguish the *commencement of fever.*

HEAT

At the pit of the stomach and sour risings, constitute the *Heart-burn,* arising from *Weakness of the stomach.*

May not, in *putrid fevers,* arrive at such a degree as to excite a necessary degree of alarm, in the friends of the patient.

With pain in any external part, gives reason to suspect *inflammation* to be proceeding to *suppuration.*

Internal, with cold limbs, in fevers, points out great danger.

HICCUP,

Succeeding to considerable evacuations, shows much danger.

Occurring in the progress of internal inflammation, gives reason to fear the coming on of *Mortification*.

Is an alarming symptom in cases of *Suppression of Urine*.

Shows great danger to exist in cases of *strangulated rupture*.

HOARSENESS,

Generally found to accompany eruptive fever of measles.

LASSITUDE,

And real debility, generally precede the other symptoms of fever.

And

And languor, in children, should always excite vigilance in parents and those who have the care of children.

LEGS, SWELLING OF,

In a very slight degree, in persons rather advanced in years, and using but little exercise, is not to be regarded as an alarming circumstance.

In persons beyond the middle stage of life, who are affected by difficulty of breathing, may be considered as entirely depending on the disordered state of the lungs; and as pointing out the necessity of exertions being made for their relief.

With diminution of urine, and failure of strength, should be considered as a warning that some important change in the system is taking place, perhaps tending to *Dropsy*.

LIPS.

Eruptions on, succeeded by scabs, in fevers, is a favourable symptom.

LOOSE-

LOOSENESS,
Occurring in cases of hectic fever, with night
sweats, shows danger.

MATTER,
Discharged from the lungs, hectic fever being
also present, a mark of consumption.

Of a purulent appearance may be discharged
from the lungs, and if without hectic fever,
consumption may not succeed, if very power-
ful means are employed.

MENSES,
When suppressed in consumption, no benefit will
be derived from endeavouring to procure their
return; their suppression being a symptom,
not the cause of consumption.

MIND,
Much dejected in the beginning of fevers, gene-
rally points out a considerable degree of ma-
lignancy in their nature.

PAIN.

PAIN,

Internal, with fever, requires particular attention; it in general denoting *inflammation* of some internal part.

Suddenly ceasing, in cases of internal inflammation, the countenance sinking, the pulse becoming very quick and small, with frequent cold shiverings, gives cause to fear the coming on of *mortification*.

In cases of internal inflammation, gradually diminishing, and a sensation of weight in the part gradually arising, with some degree of anxiety, shews that *suppuration* is taking place.

IN THE HEAD,

With fever, redness of the face and eyes, and inability to bear noise and light, are symptoms of *inflammation of the brain or its membranes*.

IN THE EAR,

With feverishness, symptoms of *inflammation in the ear*.

IN

IN THE CHEST,

With a sense of oppression, and of heat under the breast bone, with a saltish taste in the mouth, generally precedes *spitting of blood*.

In the chest, with fever, difficulty and shortness of breathing, are marks of *inflammation of the lungs*. If the other symptoms here enumerated are present, the disease may be concluded to exist, although the pain be not considerable.

ACROSS THE CHEST.

Coming on suddenly, during walking, and particularly whilst going up stairs, or ascending a hill; a pain also being felt, at the same time, about the middle of the arm, are symptoms of the disease termed *Angina Pectoris*.

PAIN OF THE SIDE,

Increased by drawing in the breath, and particularly by coughing, with hard pulse, and difficulty of laying on the pained side denotes *Pleurisy* or *Inflammation of the Pleura* or membrane investing the inside of the chest.

IN THE LEFT SIDE OF THE CHEST,
With fever, great anxiety, irregular pulse, faintings
and palpitations, are symptoms of *inflammation*
of the heart.

IN THE LEFT SIDE,
Under the short ribs, with fulness and tension,
distinguishes the *inflammation of the spleen.*

ON EITHER SIDE OF THE CHEST,
Not very acute, nor violently increased during
inspiration, may occur in consequence of an
affection of the muscles of the chest.

IN THE RIGHT SIDE,
Under the short ribs, extending to the shoulder,
with fever, points out *inflammation of the*
liver.

OVER THE WHOLE BELLY,
Increased by straitening the body, extreme
soreness and fever, mark *inflammation of the*
peritoneum, or membrane lining the cavity
of the belly.

Very

Very violent vomitings, obstinate costiveness and fever, distinguish *inflammation of the bowels.*

ABOUT THE NAVEL,

Very severe, with costiveness and contraction of the belly, are symptoms of *Colic.*

With frequent slimy stools, streaked with blood, point out *Dysentery or Bloody Flux.*

AT THE BOTTOM OF THE BELLY,

With fulness and extreme tenderness on pressure, and frequent painful attempts to pass urine, which escapes only in small quantities, shows *inflammation to have possessed the bladder.*

IN THE BACK,

One of the first symptoms of fever, and generally occurs to a great degree in *malignant and in eruptive fevers.*

IN THE LOINS,

Passing forwards toward the bottom of the belly, fever, vomitings, numbness of the thigh,

thigh, and drawing up or pain of the testicles in the affected side, accompany inflammation of the kidneys.

IN THE LARGE MUSCLES, AND IN THE JOINTS,
Without redness, swelling, or fever, occurs in *Chronic Rheumatism*.

With swelling, redness, and fever, distinguish *acute or Inflammatory Rheumatism*.

IN THE SHIN BONES,
Or in the head, suffering a considerable augmentation in the evening, demands immediate attention.

IN THE JOINTS OF THE GREAT TOE,
Instep, or hand, generally preceded by some affection of the stomach, and coming on most commonly in the night, characterizes the attacks of *Gout*.

IN THE LIMBS,
Generally occurs at the commencement of fever.

AT

AT THE PIT OF THE STOMACH,

With vomitings, may proceed from Gall-Stones.

At the commencement of fever, is often followed by a disease of a considerable degree of malignity.

Also frequently precedes the eruption of the Small Pox or Measles.

And heat in the stomach, increased by the swallowing of even fluids, with vomitings, extreme anxiety, and fever, with are symptoms of inflammation of the stomach.

AT THE BOTTOM OF THE BELLY,

With heat, swelling, and tenderness on pressure, frequent vomitings and fever, are symptoms of inflammation of the womb. Darting, in the region of the womb, generally accompanies a schirrous or a cancerous state.

PALPITATION

PALPITATION

OF THE HEART

May proceed from some disease, originating in the heart itself; or may be symptomatic of general debility.

With quick and difficult breathing, after moderate exercise, and fallowness of the complexion; marks of chlorosis.

Irregular pulse, extreme anxiety, and frequent fits of suffocation, generally accompany *Dropsy of the Pericardium*.

PAROXYSM, FEBRILE,

Returning repeatedly, after twenty-four hours intermission, distinguishes the *Quotidian Ague*.

Returning after an intermission of forty-eight hours, the *Tertian Ague*;

And, after an intermission of seventy-two hours, the *Quartan Ague*.

PULSE

PULSE

Quick, succeeding to cold shivering, and accompanied by heat, shows the existence of *fever*.

Quick, hard and strong, with preternatural heat, points out *inflammatory fever*.

Similar to the foregoing accompanies particular *inflammation*.

Hard, small and quick, is generally found with *inflammation of the stomach or bowels*.

Quick, small and weak, with extreme debility in fevers, shows the fever to be malignant, and great danger to exist.

REDNESS

OF THE SKIN,

Diffused, hot and but little swelled, the skin only elevated as with a little roughness, distinguishes the *Erysipelas*, or *St. Anthony's Fire*.

QUICK

OF THE CHEST,

Coming on with the hectic fever, marks *Consumption*.

RESPIRATION

QUICK AND SHORT.

With fever, and tightness across the chest, indicates *inflammation of the Lungs*.

SHORT AND QUICK,

Pains in the side of the chest and fever, distinguish *Pleurisy*.

DIFFICULT,

Recurring by fits, without fever generally marks *Asthma*.

Awaking the patient with considerable alarm, with weight across the chest, and swelling of the feet, points out *water in the chest*.

May also accompany Inflammation of the Liver, various affections of the heart and large vessels, distension of the bowels by wind, and the preternatural enlargement of any of the bowels.

RESPIRATION.

Snoring and long, with the appearance of deep sleep, distinguishes *Apoplexy*.

DIFFICULT,

A bad symptom, in all fevers.

RIGIDITY,

At the side of the face, and back of the neck, and difficulty of swallowing, are the first symptoms of a *Locked Jaw*.

SHIVERING,

Is the first symptom of every *febrile* or *inflammatory* disease.

In fevers, not succeeded by increase of heat and sweat, an unfavourable symptom.

Occurring in the latter stages of fever, the patient being very low and weak, is also an unfavourable sign.

With delirium, following intoxication, threatens a dangerous affection of the brain.

After

After violent inflammation, shows that suppuration is taking place.

In the small-pox, about the ninth day, the skin appearing shrunk, and the pustules flattening, and becoming pale at their bases, shows danger.

SICKNESS

Occurring after having been in the chamber of a person in a fever, sometimes marks the first impression of infection, requiring the immediate employment of an emetic.

Accompanied with pain at the stomach, heart-burn, and loss of appetite, shows the weakness of the stomach.

SIGHING

Frequent, in fevers, a bad symptom.

SIGHT

EXTREMELY INDISTINCT.

In fevers, the patient being much exhausted, shows much danger.

INDISTINCT.

The eyes becoming uneasy and hot, after reading, &c. the eye requiring to be removed farther for the examination of any minute object than it has been wont, shows the convexity of the cornea to have become morbidly diseased, and that the use of convex glasses is positively indicated *

Affected by dark spots and streaks appearing on the objects viewed, shows a serious affection of the eyes, but this is not, as has been supposed, a sign that blindness must inevitably follow, since this affection may sometimes be removed by proper measures.

* In a publication of this kind, it would be worse than folly to sacrifice utility to a scrupulous adherence to order; the above indication is therefore introduced, although rather out of place, from a conviction, that through inattention to this circumstance, the eyes are often considerably injured. Objects require painful exertion to observe them distinctly; this being frequently done, the organs of vision are strained, and all the range of eyewaters employed, when the cure is only to be found in the use of a pair of spectacles.

SKIN,

SKIN,

COLD,

Whilst great thirst and internal heat are experienced, is a bad symptom in a fever.

PUNGENTLY HOT,

Leaving a smarting sensation of heat on the fingers of the examiner, shews great malignancy in fever.

OF A GREENISH YELLOW,

Gives name to the *Green Sickness*.

YELLOW,

As well as the urine and the whites of the eyes, and the stools white, distinguishes *Jaundice*.

SLEEP

Returning, with appetite for food, may be considered as a most favourable symptom in every fever.

Calm, after delirium, is a favourable event.

SLEEPINESS

Often precedes and accompanies the Erysipelas of the face; and if it increases with the disease, it points out much danger.

SNEEZING.

Discharge of a limpid fluid from the eyes and nose, and frequent cough, show that Catarrh and Coryza, as it is termed, are forming.

SPIRITS

DEPRESSED, IN THE BEGINNING OF FEVERS, Shows the fever to be of a low and malignant kind.

DEPRESSED WITHOUT CAUSE,

Loss of appetite, sickness, pain, and oppression in the stomach, distinguish hypochondriacal affections.

SPITTING,

Discoloured with blood, raised by coughing, shows

shows such a state of the lungs as requires the greatest care and attention.

SPOTS

LIVID,

Accompanied with putrid and bleeding gums, and great weakness, are the signs of *Scurvy*.

PURPLE,

A symptom marking great danger in *malignant fever*.

STOMACH,

Pain of, may proceed from ulcers or worms.

VIOLENT PAIN OF,

With vomiting and fever, are symptoms of *inflammation of the stomach*.

PAIN AT THE PIT OF,

With sickness, recurring at uncertain periods, and succeeded by slight yellowness of the skin, accompanies the passing of gall stones.

Painful

Painful distention of, after even moderate eating, generally proceeds from weakness of the stomach.

STOOLS

WHITE,

Show an obstruction of the gall through the ducts; hence also yellowness of the skin, or *Faundice*.

BLACK,

With sudden relief from violent pain in *inflammation of the bowels*, show great danger.

SLIMY,

Sometimes bloody, and griping pains, are symptoms of *Dysentery*, or *Bloody Flux*.

STUPOR,

After wounds, or blows on the head, requires particular attention.

SWALLOWING

DIFFICULT,

And acutely painful, with swelling and redness of the back of the mouth or upper part of the throat

throat with fever, marks *inflammatory sore Throat*.

And not extremely painful, white crusts or sloughs forming in the upper part of the throat, and a low fever, point out, especially if a scarlet eruption appears on the breast, arms, &c. that the *sore Throat* is of the *ulcerated malignant* kind.

Coming on gradually, and without pain or fever gives reason to fear a contraction is taking place in the gullet. Endeavours for its cure are only to be made with a prospect of success during the commencement of the disease.

Of liquids, inability of, and dread of water, constitute the disease termed *Hydrophobia*.

Of liquids, sometimes impeded in cases that are plainly *Hysterical*.

SWEAT.

SWEAT,

GENERAL AND PROFUSE,

Occurring in cases of inflammation, a favourable symptom.

PROFUSE,

Succeeding to hectic heat, with difficulty of breathing, cough, and spitting of purulent matter, distinguish *consumption*.

BREAKING OUT GRADUALLY,

And continuing some time, is, in general, a favourable symptom in *fevers*.

Almost always concludes the fit of *Ague*.

COLD,

Breaking out about the face and neck in *fevers*, shows great weakness and danger.

SWELLING

OF THE HEAD AND FACE,

Takes place, in small-pox, according to the number and confluency of the pustules.

Accom-

Accompanies and succeeds *Erysipelas*, or St.
Anthony's Fire in the face.

OF THE HANDS AND FEET,

In Small-Pox, succeeds, to the swelling of the
head and face.

ABOUT THE ANGLES OF THE JAW,

With slight fever, distinguishes the *Mumps*.

OF THE HEAD,

In young children, who are heavy, drowsy, and
even at times convulsed, gives reason to fear
Dropsy of the Brain.

OF THE FORE PART OF THE HEAD,

Large belly, the rest of the body thin, and
the joints enlarged, are symptoms of the
Rickets.

OF THE UPPER PART OF THE RIGHT SIDE OF
THE BELLY,

Gives reason to apprehend *Enlargement of the
Liver*.

OF

OF THE BELLY,

Elastic and sonorous, on being struck by the fingers, distinguishes the *Tympany*.

The stroke of the fingers producing a discoverable fluctuation, distinguishes the *Ascites*, or the collection of water in the cavity of the *Belly*.

AT THE BOTTOM OF THE BELLY,

With suppression of urine, or frequent inclination to void it, with pain, tenderness, or pressure, characterize *Inflammation of Urine*.

The bladder

OF THE SCROTUM,

Painful and hard, shows inflammation of the part.

Not painful, rather pellucid, and giving the idea of fluctuation on being gently struck with the finger, distinguishes *Hydrocele*, or *Dropsy of the Testicle*.

Gradually increasing downwards, and enlarging upon sneezing or coughing, shows *Hernia*, or protrusion of some part of the bowels.

OF THE FEET AND HANDS,

In *Small-Pox*, generally takes place as the swelling of the face subsides.

OF THE FEET,

Where considerable *discharge of blood* has taken place, shows that a dangerous degree of debility is brought on.

Is, in general, a symptom demanding particular attention.

OF ANY PART,

With heat, redness, tenderness and throbbing, shows an *Abscess* to be forming in that part.

Cold, pallid, and retaining the impression of the fingers, distinguishes oedematous swellings.

IN THE BREAST,

Solid, the edges rather hard and not very painful, is most probably, *scirrhus tumour*, which, unless removed, will terminate in *Cancer*.

OF THE GLANDS.

In the sides of the neck, with swelling and chapping of the lip, and large belly, shew a scrophulous disposition.

TASTE,

BITTER,

Sickness, want of appetite, and pain at the stomach, are symptoms of *indigestion and weakness of the stomach.*

ACID,

With the foregoing symptoms, also occurs in *weakness of the stomach.*

TEETH,

GRINDING OF,

In fever, a symptom of danger.

In children, a symptom of worms.

ACHING OF,

A symptom of inflammation, or *Caries.*

Covered with dark, foul, viscous matter, in fevers, generally marks malignancy.

TENDONS.

Twitching, at the wrist, in fevers, shows danger.

TESTICLES

SWELLED,

Occurs sometimes at the close of the disease called the *Mumps*.

DRAWN UP,

And affected with aching pain, with pain in the back, stretching forwards and downwards, with sickness at the stomach, are symptoms of gravel in the kidneys, or *ureters*.

THIRST

Generally present in *fever*,

Frequently occurs in fever; but, when wanting, where the tongue is parched and foul, shows danger.

Is generally a troublesome symptom in *Dropsy*.

THROAT,

SWELLED AND RED,

Swallowing very painful, mark the *inflammatory Sore Throat*.

OF A DEEP CRIMSON COLOUR,

With whitish specks, spreading and deepening ; extreme debility, and the pulse small and quick, distinguish the putrid *ulcerated Sore Throat*.

THRUSH,

OR APHTHÆ,

Little ulcers, generally white, appearing on the tongue, inside of the lips, cheeks, &c.

When these occur to children, it may in general be concluded either that the food of the child is not sufficiently nutritious, or that the child breathes an air too impure.

Frequently appear in the latter stage of consumption.

Ap-

Appearing in fever, not always to be considered as a symptom of extreme danger, but sometimes as a mark of a critical, and even favourable change having taken place.

TONGUE,

TREMBLING AND BLACK,

A symptom of danger in fever.

Parched, without thirst, in fevers, is a bad symptom.

HARD TUMOUR OF,

Though small, demands immediate care.

TOSSING ABOUT,

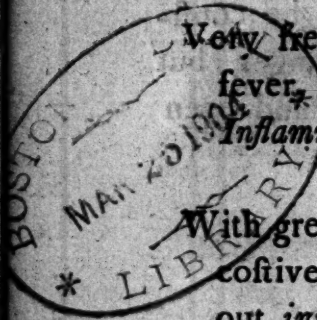
A frequent symptom in dangerous fever.

TREMOR,

In fever, a sign of great debility.

VOMITING,

Frequently symptomatic of inflammation of the kidney, and is generally excited by the passing of gravel.

Very frequent, extreme pain in the stomach, fever, and small and hard pulse, distinguish *Inflammation of the Stomach.*

With great pain in the bowels, fever, obstinate costiveness, and hard and small pulse, point out *inflammation of the bowels and strangulated rupture.*

After blows or wounds on the head, gives reason to suspect very serious injury.

BILIOUS,

With frequent bilious stools and pains in the bowels, are the symptoms of the disease termed *Cholera Morbus.*

URINE.

DEPOSITING A BRANNY RED SEDIMENT,
And the soles of the feet and palms of the hands frequently disagreeably hot, show hectic fever to be present.

BLOODY,

BLOODY,

Shows a rupture, or morbid dilatation of some blood vessel, in the kidneys, bladder, or urinary passage.

WITH A CREAM - COLOURED SEDIMENT,

Blended with small light-coloured flakes, mark the existence of an *Ulcer in the bladder*.

HIGH-COLOURED,

Generally accompanies *inflammation*, and *inflammatory fever*.

HIGH-COLOURED,

Depositing a sediment of a pink, or of a brick-dust colour, generally shows *disease of the liver*.

IN THE COLD STAGE OF AGUES,

Generally limpid, in the *hot stage* high-coloured and clear, and, during the *absence of the fever*, depositing a reddish sediment.

WITH AN OILY SKIN.

On the surface, points out a dangerous wasting.

PASSING IN EXCESSIVE QUANTITY,

Proceeds from *Diabetes*.

COPIOUS AND VERY LIMPID,

But of a natural colour and quantity at intervals, generally accompanies nervous affections.

SUPPRESSION OF,

May occur as a symptom of inflammation of the kidneys, ureters, bladder, or of the *urethra*, or urinary passage; it may also be occasioned by a paralytic affection of these parts and by strictures in the *urethra*.

Passed without the patient's knowledge in fevers is a bad symptom.

WAKEFULNESS,

Long continued, in fevers, with great eagerness of attention, denotes the approach of *Delirium*.

WEAKNESS,

WEAKNESS,

And indisposition to motion, a symptom of *Chlorosis* or *Green Sickness*.

Extreme, at the beginning of fevers, generally marks malignity.

YAWNING,

Generally occurs at the commencement of the ague fit.



And that since the same has been
found to be true, it is
therefore necessary that the same
should be made known to the public
in order that they may be enabled
to judge for themselves of the
truth of the same.

YAWING
General Council of the
Church of England

which accompanies the omission to obtain all
~~that is in their power to relieve the suffering~~
 or to save the life of a fellow-creature.

I shall not endeavour to furnish you with
~~information for the sake of the cause in general~~

This has indeed been industriously attempted
 by several ingenious writers on Domestic Medicine,
 but certainly not with those beneficial

consequences which I have seen in

MY DEAR FRIEND,

I COMPLY, with the utmost willingness, with
 your request to supply you with such information
 as may prevent you, on the one hand, from
 unnecessarily incurring the expence of medical
 attendance in the various trifling ails to which
 you and your family may be subjected; and,
 on the other, from sacrificing a friend, or perhaps
 a beloved child, by delay or improper
 interference, in some insidious disease.

I undertake the work with additional pleasure,
 derived from the flattering consideration that I
 may, by its publication, render an essential
 service to those, who like yourself, being surrounded
 with large families, are anxious to avoid unnecessary
 expence; but are, at the same time, aware of the high degree of guilt

B

which

which accompanies the omitting to obtain all that is in their power to mitigate the sufferings, or to save the life of a fellow-creature.

I shall not endeavour to furnish you with instructions for the cure of diseases in general. This has indeed been industriously attempted by several ingenious writers on Domestic Medicine, but certainly not with those beneficial consequences which I hope their authors intended. On the contrary, I fear that their disciples, not aware of the shallowness of the knowledge thus gained, immediately on the appearance of disease fly with confidence to their oracles; but, incapable of comprehending the various circumstances comprised in the answers they receive, they frequently adopt the very means they should have avoided; and thereby increase the evils they were endeavouring to remove. It is not a loose and vague assertion, that the directions, given in such a work, are only intended for those cases in which a physician cannot be easily obtained, that will be sufficient to deter a weak mind from obstinately confiding, even in the most serious cases, in the knowledge derived from the perusal of a specious,

a specious, concise, and apparently comprehensive method of cure.

Directions for the cure of diseases shall, in this work, be confined to those in which no risque can be incurred, by trusting them to the management of a domestic practitioner. Such diseases will not only be accurately described, but the symptoms will be carefully marked out which distinguish them from those diseases which differ from them in degree of danger, and in the mode of treatment they require.

The symptoms of those diseases in which the attendance of a physician or other medical character, is required, will also be carefully marked; the particular circumstances which render such further aid necessary, will be pointed out; and the mischiefs, likely to arise from improper interference, particularised. Since the degree of violence, duration, and danger, as well as the consequent injuries the patient may experience, frequently depend upon the means employed in the first moments of the attack in acute diseases, and upon the conduct adopted on the occurrence of sudden and alarming circumstances in chronic diseases; the most proper means to be employed on these

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occasions will be distinctly laid down. The utility of these directions must be sufficiently evident, as, particularly in the country, regular medical assistance often cannot be obtained, in these cases of sudden emergency, with sufficient speed; and, the distress and confusion of those around the patient, will be likely to impede the due exercise of their judgement; and to prevent their exertions being made, with that promptness which the situation of the patient may demand.

Another important task I shall endeavour to perform, is that of instructing the attendants on the sick, how they may best aid the effects of the means prescribed by the physician. In vain may the most appropriate remedies be prescribed, unless the directions with which they are accompanied be duly attended to. But unfortunately, it too often happens, that the orders of the physician do not exactly coincide with the opinions of those about the patient; and whenever this happens, it is much to be feared, that either the directions are not complied with at all, or only to such an extent as by no means will accomplish the purpose intended. When presumptuous nurses, or the timid

timid friends of a patient, deviate from the directions of the physician, by omitting that which he has recommended, or by adopting that which has been suggested by some neighbouring doctress, the mischiefs unfortunately do not stop here; for, not chusing to have their folly known, they carefully conceal from the physician their departure from his directions. Puzzled, at finding the measures, which he supposes to have been employed, have failed of effecting those changes he expected; and, unable to account for appearances, the consequences of means which have been used without his knowledge, the physician is himself prevented from forming an accurate judgement of the situation of the patient.

Of such importance is the information which is required under this head, that I shall not only take every opportunity to communicate particular directions; but shall trespass on your time, in this place, for the sake of offering to your consideration one or two general observations. Medical men have too frequently the opportunity of observing, that whenever, from the urgency of the case, measures apparently

severe are recommended, the sympathizing relatives, with more tenderness than judgement, delay punishing, as they term him, the poor sufferer, until some trifling change arises, which may afford them the shadow of an excuse for omitting them entirely; and thus is the critical moment suffered to slip, without employing those remedies which alone could have saved the patient.

The tormenting reflections, which must harass the minds of those, who become convinced of having thus sacrificed their friend or relation, must exceed the powers of conception: they not only suffering regret for their loss; but, also experiencing the painful compunction, of having robbed the object of their affection of the only chance that existed, of obtaining a rescue from the hands of death. One of the first objects of enquiry, on the death of a beloved friend or relative, is, whether the utmost that art could do has been performed; the mind seeking to obtain some consolation, from the assurance that no measures had been omitted, from which any advantage could have been derived. Frequently it happens, that this enquiry is instituted, with too much severity and unfairness, by the afflicted, self-

self-accusing survivors. Fear lest they should have imprudently occasioned the event they deplore, magnifies every suspicion; and the recollection of the most trifling circumstances, fixes the barbed sting in their mind.

On this essential point, therefore, I shall think it necessary frequently to dwell: and to endeavour, by the arguments which each particular case may produce, to obtain that strict compliance with orders, without which the best adapted medicines may fail of their effects.

In doing this another task will arise: that of refuting those vulgar errors and prejudices which frequently occasion an injurious interference, as well as an equally pernicious neglect during the first attack of the disease. By shewing how unsupported such opinions are by reason, and by pointing out the mischiefs arising from their influence, much benefit must therefore arise. You will, I hope, believe, that I entertain no wild expectation of conquering the prejudices of doctresses and of nurses themselves. No! the object of endeavour under this head, is entirely to warn the friends of the sick, against the delusive prophecies and counsels of these most dangerous sibyls.

By exposing the evils resulting from the too frequent practice of domestic quackery, it may be hoped too, that the benevolence of the rich may be directed into more useful channels. At present it too frequently happens, that persons of influence and property are too much disposed, with the help of a family medicine chest, and a treatise on domestic medicine, to become the dispensers of physic to all their poor neighbours; and to believe, that they are thereby rendering more service to the community, than by contributing to the support of those national benefits, public hospitals.

Having made these prefatory observations, I shall commence my promised undertaking with a few, I trust useful, remarks on a disease, which, from the frequency with which it occurs, and from the danger with which it is accompanied, claims our first attention.

FEVER.

FEVERS begin with some degree of cold shivering, to which increased heat and quickened pulse succeed, with diminution of strength and

and interruption and disorder of several functions. In the progress of every fever may be discovered three different states, which are termed the cold, the hot, and the sweating stages or fits: these, succeeding in the order here described, constitute a paroxysm. When these paroxysms succeed each other, with but little abatement of the symptoms between them, slight transitory chills take the place of a cold shivering, and are soon succeeded by the hot fit; this continues for several hours, and lessens as a slight perspiration comes on, but which is often very trifling, and sometimes, as well as the cold fit, is hardly perceptible. The increase and abatement of the symptoms, not being so considerable as distinctly to mark the different stages of each paroxysm, the disease appears to be one continued hot fit, and is therefore termed a Continued Fever. When, between each paroxysm, there occurs an evident, but short abatement, or remission of the violence of the symptoms, the disease is called a Remittent Fever. When an interval of some hours occurs between each paroxysm, in which there is a complete intermission, the disease is termed an Intermittent Fever or Ague.

Con-

Continued Fevers are divided, according to their duration, into Slow or Acute: they are again divided into Inflammatory or Nervous; the latter sometimes acquiring the farther distinction of Putrid or Malignant.

Intermittent Fevers are also divided, according to the length of the interval between each paroxysm, into Quotidians, Terrians, and Quartans.

There are other necessary divisions of Fever, but these are the most important, and sufficient, I hope, to authorise me to make the following observation.

In a disease, which requires such numerous divisions to mark the differences between its several species, it must be obvious, that much study and experience must be necessary to enable any one to make a proper discrimination; and, as these distinctions are indispensably necessary to be made, previous to the determining on the plan of cure, you must plainly see, that the cure ought only to be attempted by those, who have carefully studied the nature of the disease, and have diligently observed its several varieties. It must indeed be allowed, that it is not difficult to perceive these differences, and point out these
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distinctions, when the disease has nearly passed through its course. But, in almost every case of fever, it is necessary that this distinction should be made, in an early period of the disease: for should any one, who attempts the cure of fever, not be able, in its beginning, to make the necessary discrimination, there exists the greatest probability, that the evils he suffers to increase, as well as those which he brings on by improper treatment, will be too great and too numerous to be subdued, when the nature of the disease becomes known, and the most proper means for its removal is adopted.

It is very easy to lay down nice and accurate distinctions between diseases, in books, and the mind of the reader is often satisfied of the ease, with which he could make a practical application of them; but every physician knows, that these discriminations are not easily made in the first stages of diseases, but by those who possess that knowledge, to obtain which, both study and experience are required.

For the sake of exemplification, it is proper to remark, that the first symptoms of an acute inflammatory fever, and those of a slow nervous fever, are often so similar as to point out, very equi-

equivocally, the difference between these diseases : so that little chance can exist of any one, but an experienced observer, ascertaining the species of the fever, until the occurrence of such symptoms, as shall, not only strongly mark its peculiar nature, but may also shew that the disease, aggravated by delay or injurious treatment, requires the utmost exertions, of even the most skilful physician, to prevent a fatal termination.

Since these fevers are well known to arise from two different, nay, contrary states of the system, their indications of cure must therefore be opposite : it must be obvious, that the adopting of the treatment adapted to the one, in the endeavour to remove the other, must be likely to be succeeded by very injurious consequences ; and yet, from what has preceded, it is very evident, that this mistake is very liable to be made by those domestic practitioners, who undertake the cure of fever, without a suspicion of their own incapacity.

The difference which takes place in fevers from the change of seasons, and the nature of the reigning epidemic, ought to be enquired into previously to instituting a plan of cure ;
since

since, from these circumstances, a considerable difference may be occasioned, in the nature of the disease, and consequently in its mode of cure. But, from this information, the domestic practitioner must generally be precluded; it being, of course, confined to those, whose profession gives them the opportunity of remarking the progress of the disease, in many different subjects.

The small-pox, measles, and other eruptive diseases, as well as several disorders which differ very much in their respective natures, do yet agree in this particular, that their first appearance very exactly resembles that of simple fever; and they often, even for the first two or three days, are without any particular symptom, by which their peculiar nature can be ascertained, unless by those, who are informed of the nature of the prevailing epidemic; and are well acquainted with those particular symptoms, which are the threatening precursors of these several diseases. The mischievous effects which must arise from the interference of the ignorant, in these cases, must be so obvious, as not to require to be here particularised.

INTER-

INTERMITTENT FEVERS

AGUES.

INTERMITTENT Fevers are composed of several distinct paroxysms, in general, returning with a shivering, having an evident intermission between each paroxysm.

The ague begins its attacks with inducing a considerable degree of weakness and lassitude, with frequent stretching and yawning: soon after a sensation of cold is felt in the back and extremities, which soon pervades the whole body; this increases, until the limbs, as well as the trunk of the body, become agitated with frequent violent shiverings. This state continues some time, during which a violent pain of the back and head, and a sensation resembling a stricture across the stomach, frequently distress the patient; and the sense of coldness becomes so great, that no endeavours to obtain warmth are of the least avail; the agitation of the whole frame being also, sometimes, so violent, that the patient is with difficulty held in his chair; the pulse becomes small and frequent; the breathing, oppressed;

oppressed; and the urine, clear and almost colourless. These are the principal symptoms which distinguish the Cold Fit.

These symptoms subsiding by degrees, give way to warm flushings, which gradually increase, until redness and heat, much greater than natural, is extended over the whole body: the patient, at length, burning with such extreme heat as to be now, as solicitous for the refreshing sensation of cold, as he was before anxious to mitigate its violence. His sufferings become now increased by an almost insatiable thirst, and a pain of the head, sometimes ending in delirium, and sometimes bringing on a lethargic and almost apoplectic state; the pulse becomes more hard and full; the respiration, freer; and the urine, high coloured, but without sediment. These are the chief symptoms observable in the Hot Fit.

After these complaints have existed some time, the heat gradually declines, the thirst lessens, and the skin is relaxed, a sweat gently breaks out on the head, and gradually diffuses itself over the whole body: this increases, until it becomes profuse, after which it abates, and by degrees entirely ceases. During this stage, which

which is termed the Sweating Fit, the pulso becomes slower and softer, and the breathing more free; the urine, after the sweat has continued some time, deposits a sediment, which is generally of a reddish colour.

The above stages of the disease having been gone through, the patient enjoys an intermission of the symptoms, which lasts according to the particular type which the disease assumes.

According to the length of time in which the paroxysm returns, the ague obtains its name. If the paroxysm returns every day it is termed a Quotidian, if every third day a Tertian, if every fourth day a Quartan, &c.

The remote causes of agues are, first, the effluvia which arise from marshes or moist grounds acted on by heat; secondly, cold, especially when accompanied by moisture. These will necessarily act with more certainty, if a pre-disposition to the disease exists. This predisposition may be induced by too spare living, excessive fatigue, watching, excessive study, indulgence in crude and watery food and in spirituous liquors, and by preceding diseases; particularly such as have been attended with large

large evacuations, in a word, by every thing which tends to weaken the system.

Although the symptoms, which have been described, may appear to be sufficiently characteristic, to prevent agues from being mistaken for any other disease, even by a domestic practitioner; yet such an error may be very likely to take place: for intermittents are often accompanied by such irregular symptoms, as render it very difficult to ascertain the real nature of the disease.

*The sagacious Sydenham observes, that "It has happened in every epidemical constitution, that in some of those who had the fever (the intermittent fever) the fit did not begin with chills and shivering, but the patient was attacked with symptoms resembling true apoplexy. What need (he says) of more words, for it assumes so many shapes as to imitate almost all the diseases to which mankind is liable?"

Need there be any reserve then used, in pointing out this disease as one of those, which does not come within the reach of domestic practice; since, from the ambiguity of its first appearances, such mistakes may take place as

may prove dangerous in their consequences? Besides, fevers frequently occur, which, at first, appear in a continued form; but in which, after a little time, certain symptoms appear, pointing out, to the discerning observer, a disposition to assume the form of an intermittent. In such cases, the greatest skill is required; for on the mode of treatment adopted, at this period, the length of the disease, and the life of the patient, may depend: since, if due care be now taken, the disease may be brought to intermit, and soon afterwards be entirely removed; but, if this opportunity be lost, its violence may be increased, and its duration dangerously protracted.

So much danger to a patient, and alarm to his attendants, will sometimes be produced, by an intermittent suddenly changing into a continued fever, as ought to deter family practitioners from attempting the cure of ague. Another case of alarm and confusion, to which they will be exposed, is the irregularity with which the paroxysm returns. The deviation is frequently such, as will prevent, even the most intelligent, from directly determining, whether the fever is, or is not, an intermittent,

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After what has been already remarked, it cannot be expected that a full and regular plan of cure should be detailed here. Instead of this, a general idea of the mode of cure shall be given, with a few detached, but, it is hoped, useful observations, on the regimen and conduct of the patient.

The virtues of the Peruvian bark, in the cure of agues, are so universally known, that it may have the appearance of an artful caution, to suggest, that any difficulty or danger can arise, from the endeavours to obtain the cure of ague by its means. But every medical man knows, that, with the ague, may exist certain states of the viscera, which, if not corrected, previously to administering the bark, the ague may be, indeed, removed, but other diseases, of a very serious and alarming nature, may be induced. On the other hand, cases occur very frequently, in which, although the bark be given very early, and in large quantities, the ague continues to harass the constitution for a considerable time; and, at length, brings on such an enfeebled state of the system, as may terminate in dropsy, and even in death itself.

Agreeable to your request, I shall occasionally point out some few passages in your once favourite book (Buchan's Domestic Medicine), as seem to be likely to be more productive of harm than of good; accompanying them with such observations, as may, in my opinion, prevent you, and my other readers, from being lulled into the neglect arising from a false security; or from being excited to the adoption of rash and dangerous measures. The following passage is certainly not sufficiently guarded, to prevent its being productive of very ill consequences.—

“Intermitting fevers, under a proper regimen,
 “will often go off without medicine; and when
 “the disease is mild, in an open, dry country,
 “there is seldom any danger from allowing it
 “to take its course; but when the patient's
 “strength seems to decline, or the paroxysms
 “are so violent, that his life is in danger, medicine ought immediately to be administered.” *Domestic Medicine*, 11th edit. p. 149.

The injuries which the strongest constitution suffers, from repeated attacks of agues, are often so considerable, as to produce the worst of consequences. Surely, therefore, much evil may be feared from a passage like this, which
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is so likely to add to that supineness, with which many are disposed to suffer the ravages of disease. The doctor afterwards says—"When the disease is *very* irregular, or the symptoms *dangerous*, the patient ought immediately to apply to a physician." But advice like this cannot but be prejudicial, both to the patient and the physician: for if a patient is not to apply to a physician, until the symptoms are so violent, that his life is brought into danger, the opportunity of obtaining his recovery may be past by: and the fatal termination of the disease will often be imputed to the want of skill, in the attending physician; when, its cause is only to be found, in the having permitted the tampering with domestic medicine to have produced such effects, as no exertions of art could remove.

The empirical practice of those, who depend on amulets and charms for the cure of this disease, is not of very dangerous tendency; any farther, than as it tends to place the patient in a state of imaginary security; which induces him to waste that time, in which he might, by proper means, have gotten rid of the disease. There are, indeed, numerous instances, in which we have reason to suppose, that the force of

strong expectation has produced such effects on the system, as have put off the paroxysm, and even cured the disease. There are also several histories of cases related, in which the cure of ague has been produced by sudden and violent affections of the mind: by a similar operation, perhaps, it is, that those remedies act, the taking of which occasions a great degree of horror and disgust; such is the frequently mentioned remedy of swallowing a large spider, mashed, and formed into a bolus, or involved in its web. Other remedies recommended by these practitioners are not so innocent, such as a large dose of gin, with the addition of pepper, or the sudden application of cold water to the whole surface of the body. A melancholy instance of the ill effects of the latter practice I once witnessed, in a young man, who had been for some time afflicted with an autumnal quartan: the good woman of the house, having purposely procured his removal out of the bed, suddenly threw over him a pail of cold water: the whole surface of the body directly had its florid hue changed for a livid purple, a considerable oppression of the chest, with other alarming symptoms, directly came on, and, notwithstanding
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the employment of the most powerful means to save him, he expired in a few hours.

The REGIMEN must necessarily be adapted to the several stages of the disorder. In the cold fit, it is most likely, the patient will not be inclined to take much; a little barley-water, water gruel, or camomile-tea, for the sake of promoting sickness, will perhaps be all that is necessary. During the hot fit, the drinks may be barley-water, mint-tea, or orgeat; to which may be added, if the patient wishes it, the juice of lemons or oranges, and a small quantity of the syrup of capillaire: although the sweat is, in general, supposed to be sooner induced, by these drinks being given slightly warm, yet it is not necessary, that the patient should be entirely debarred, from the luxury of a draught of cold toast and water. When the sweating begins, the drinks I have just enumerated may have a little white wine added to them; and, if the patient be able to take it, he may have a basin of beef-tea, sago, salop, &c. During the time of intermission, the diet should be as nutritious, as the patient's appetite and digestion may prompt him to adopt.

Every thing which contributes to keep up the natural discharge, by the pores of the skin, and which gives strength and tone to the vessels, is useful in the cure of this disease; hence exercise must be peculiarly proper, since nothing tends more to produce these beneficial effects. The exercise should be of that kind, to which the patient has been most accustomed; and taken in the open air, unless wet weather, or damp situation, forbids it. Care must be likewise taken, that it be not used to such a degree, as to occasion much fatigue; since that, instead of restoring strength, must induce debility.

PREVENTION. Those who are particularly liable to returns of this disease, should endeavour to amend that peculiar state of the system, which is known to produce a disposition to it. This is to be accomplished by avoiding, as much as possible, the circumstances above enumerated, under the head of remote causes, and carefully attending to the advice just given, as to regimen and exercise.

INFLAM-

INFLAMMATORY FEVER.

THIS fever is very rarely met with, especially in this climate, unless accompanied with the inflammation of some particular part.

A considerable degree of shivering, and severe pain in the small of the back, are the first symptoms of this fever. These are succeeded by an intense heat of the whole body; the countenance becomes of a deep crimson colour, every vessel appearing turgid with blood; the eyes are red, and suffer much uneasiness from the admission of light; the arteries in the neck and temples throb violently; the pulse is strong, rapid, and full; the skin, tongue, and all the inside of the mouth, are parched; the urine of a very high red colour; and the patient complains of the most insatiable and distressing thirst. He likewise suffers from difficulty of breathing, and a considerable pain and confusion in his head, and tosses about in the bed, from excessive restlessness.

* Dr. Blane observes, that the continued inflammatory fever is very uncommon in the West Indies.

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ness. A delirious state soon comes on; and, if the disease be not opposed by successful means, this symptom becomes so violent, that the exertions of four or five persons will be hardly sufficient to retain the patient in his bed. Soon after this, hiccough, starting of the tendons, involuntary discharges, and cold, clammy sweats, shew, that nature is nearly exhausted, and the disease invincible.

Fevers which, in the course of a few days, will shew strong marks of their being of the putrid kind, may commence with symptoms so nearly resembling those of the fever just described, as to render it very difficult to distinguish the one from the other. But these diseases differ so much, in their real nature, and in the mode of cure they require, that a mistake would, most probably, be succeeded by the most dreadful consequences.

*inflamm-
atory* The cure of this fever is to be obtained by timely bleedings, proportioned to the strength of the patient, and the violence of the disease; antimonial medicines, given with a careful attention to their doses, and the effects they produce; the free administration of opening medicines; and the use of vegetable acids, neutral salts,

salts, sudorifics, &c. as the symptoms may indicate. But should even the difficulty of ascertaining the disease be removed, and the malady be exactly known by the family practitioner, he certainly would not dare to attempt its removal: when, from his inability, not only of making a proper selection of the means, but of determining also the extent to which they may be employed, the life of his patient might very likely be lost.

REGIMEN. This disease depending on too great an action and fulness of the vessels, it is obvious, we should carefully avoid such things, as may be likely to increase either of these circumstances. The room should be kept cool, by a constant succession of fresh air; the covering of the patient should not be such, as to allow of the accumulation of the heat of the body. The body should be kept, as nearly as possible, in a state of rest; and, if the head appears to be disposed to be deranged, the body should be placed, as much as possible, in an erect posture. Animal food, of every kind, must be strictly refrained from, even in the form of broths; as well as all aromatic, spirituous, and

and even the weakest fermented liquors. Thirst may be allayed by drinking freely of watery liquors, made pleasantly acid with the juices of lemons, citrons, oranges, currants, &c. for this purpose, barley-water, mint and balm tea, answer very well; and, for the sake of greater variety, orange-whey, tamarind drink, lemonade, orgeat, and capillaire, may be mentioned, as being well calculated for the same purpose. Oranges, currants, grapes, in fact, every fruit which the season affords, may be allowed; and, when other fruit is not to be obtained, apples, roasted or boiled, may supply their place.

The chamber should be kept as quiet as possible, and somewhat darkened. The patient should converse no more than is absolutely necessary; and every circumstance, likely to interest his mind, should carefully be kept from him. If the promoting of sweating be intended, the hands and feet should be frequently bathed, or fomented with warm water.

The present opportunity must not be passed over, of remarking on the evil consequences arising from the neglecting of the physician's orders, with respect to the conduct of the patient,

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as to his regimen, &c. It is too frequent a practice, as has been before observed, with nurses, and other attendants on the sick, to make such alterations, in this respect, as may reduce the plan recommended, a little nearer to their own ideas; and it generally happens, that this liberty is taken, even in those diseases, where an attention to these circumstances is most necessary: for there the restrictions proposed are such, as are most likely to meet with opposition from the ignorant. Thus, by a mistaken tenderness, the diet above prescribed, will often be varied, and the life of the patient brought into danger, by those who think, a patient must soon be starved under such a regimen. But, with the hope of preventing this dangerous interference, it must be here observed, that, in this state, the patient will not only derive no more support from the most nourishing diet, than from that which is here directed, but that he will be rendered, by it, more languid and uncomfortable: for the stomach, participating in disease with the rest of the system, performs its functions very imperfectly; hence a very small part of this food is digested, and converted into chyle, while the
remainder

remainder occasions to the patient, the most distressing sensations of anxiety and oppression.

SLOW NERVOUS FEVER.

It is supposed, by some physicians, that the slow nervous fever, and the putrid malignant fever, are the same species of disease: and that the putrescent state of the fluids, discoverable in the latter, is an incidental circumstance; and therefore, only renders it a variety of the species: whilst others have supposed them to be diseases of entirely different species. But since, from the occurrence of symptoms denoting putridity, a considerable difference is required in the treatment, it is thought proper, without entering into the merits of the question, to treat of them separately; as the more appropriate mode of treatment, in each case, may thereby be more clearly shewn.

The insidious manner in which this disease makes its attacks, is one reason of its so frequently terminating fatally. The first departure from health is so gradual, and the symptoms so

ambi-

ambiguous, that very frequently the patient will have suffered the disease to have made a very considerable progress, before he esteems it necessary to apply for assistance: and often will a discerning physician, when first called in this disease, discover a patient to be in a very alarming condition, who is not suspected, by himself or his attendants, to be in the least degree of danger. If this be duly considered, it must impress the mind of every one, with a conviction of the necessity of immediate application for regular medical help, at the first appearance of those symptoms, which, in the following history of the disease, mark its beginning. If this be done, there is the greatest probability, that the train of dreadful symptoms, which is there described as coming in succession, will be checked in their approach.

THE HISTORY OF THE DISEASE. This disease, in general, begins with extreme listlessness, and unwillingness to move, with a sense of weariness; indifference to food, nausea, depression of spirits; and frequent slight and irregular chills, alternating with transitory flushes of heat. A dull and heavy pain, with a
sense

sense of coldness, possesses the back part of the head, and is accompanied by a slight giddiness; the disinclination to motion increases, the countenance is shrunk and pale, bearing evident marks of anxiety; the breathing is performed with some little difficulty, the patient complaining of an oppression on the chest, and a tightness across the pit of the stomach; frequently sighing, without knowing for what cause. The symptoms generally get worse as evening comes on; nature obtaining, at night, some slight refreshment, from short slumbers, interrupted by disagreeable dreams. The urine, in this first stage of the disease, is mostly clear and colourless. These symptoms gradually increase for a few days, when the pulse becomes smaller, and at the same time quicker, than natural; the tongue gets lightly covered with a thin mucous coat, which seems hardly to adhere to it. After the first week is past, the symptoms will, in general, be found much increased; the sight of food, especially of an animal nature, excites disgust; the shiverings are less, but the heat is in general more increased, and the cheeks are frequently very much flushed; the anxiety and inquietude of the patient becomes more intolerable,

terable, the giddiness and pain of the head more distressing, light and noise occasioning much uneasiness; the tongue becomes dry, red, and divided by large chaps: the urine, about this time, frequently deposits a bran-like sediment. The patient obtains no refreshment from his slumbers, which are very much disturbed; he frequently mutters vague and unconnected sentences; the hands tremble so, as to prevent his guiding them to his mouth; the fingers are in constant motion; the tendons agitated with frequent startings; the pulsations so small and quick, as with difficulty to be counted; the tongue trembles; and is with difficulty put beyond the lips. A profuse sweating in some, and a frequent purging in others, also occur, as the disease advances. If the remedies which have been had recourse to, fail of producing the wished effects, symptoms will soon appear, declaring the near approach of death: these are, a coldness of the extremities, which seem shrunk, and of a pale, and almost livid hue; the nails appear almost of a blue colour; the eyes lose their sensibility and lustre, swimming in tears, which now and then trickle down the cheeks; the stools and urine are voided

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without

without the patient's knowledge; the brain becomes so affected, that all recollection and sense is lost. A constant delirium accompanies this state, but without any efforts of violence; the deranged state of the mind, however, being sufficiently evident, from a constant muttering of incoherent and scarcely articulated sounds. Convulsive motions affecting the whole frame, or an insensible comatose state generally closing the scene.

But sometimes, even when the greatest part of the above symptoms have come on, and death appears, to a common observer, as the inevitable consequence; a sudden amendment will take place, produced, either by the happy effects of medicine, or some unexpected, favourable effort of nature. Instances of such recoveries are by no means uncommon; and render the caution, contained in the following paragraph, absolutely necessary.

When the greater part of the above described appearances, are observed in a patient, the despair, and consequent inactivity, produced in his attendants, however they may be regretted, can by no means be wondered at: the symptoms seeming to shew, that death must soon put an end

end to the calamities of the unhappy sufferer. So great a degree of despair, indeed, possesses the by-standers, in these distressing cases; that frequently, when the medical man sees considerable ground of hope, they will, in the strongest terms, condemn all attempts for his recovery, as useless and cruel: since they imagine, that by these supposed vain attempts, his torments are increased, and their duration prolonged. To the frequency with which this idea is adopted, may be attributed the death of numbers: for it seldom happens, when this opinion is entertained, that the strongest remonstrances of the physician, can produce the least exertions of the attendants, except, indeed, during the time he is present; for immediately after his departure, all exertions cease.

It is a circumstance that must have occurred often, to every medical man, that having left a patient, in this, or the putrid fever, with the most earnest entreaties to his attendants, to supply him regularly with medicines, and almost constantly with nourishment, he shall be told, at his next visit, that they have not been able to procure the swallowing of a drop of either: and should he order the experiment to be made.

before him, it will frequently happen, that the patient will take what is offered to him, not only with ease, but with avidity. Such conduct cannot find a sufficient excuse in misapplied tenderness; since the consequence, resulting from so culpable an omission, may be the death of one, who otherwise might have been saved: for, in all the long catalogue of diseases to which we are subject, there are none, in which symptoms of so alarming an appearance are to be found, and where so great a possibility of recovery may exist, as in this, and the putrid malignant fever. Instances of recovery, from these diseases, have been so really wonderful; that so long as the patient breathes, his attendants should not devote themselves to despair; but should persist in their endeavours with unabated assiduity.

Having already given you reason to suppose, that I would not scruple to step out of my way, to give an useful admonition, I shall not apologize for the digression, but point out one of the disadvantages resulting from intemperance. A physician, who is called to a patient afflicted with this or the putrid fever, will not fail to make enquiry respecting his former mode
of

of living; since on the answer he obtains, his prognostic of the event of the disease will considerably depend; for, should the patient have unhappily devoted himself, to habits of debauchery, and intoxication, there will be greater reason to apprehend a fatal termination of the disease.

To attempt to furnish the domestic practitioner, with information sufficient, to enable him to undertake the cure of this fever, would be fruitless; since it would be certainly safer, to omit medicine entirely; than to entrust the management of the patient, in so dangerous a malady, to any but those, who are enabled, by their knowledge of the human frame, and of the diseases to which it is subject, to distinguish critical and salutary changes, from those which are of a contrary tendency.

So general is an aversion to medicine, and so great is its sway over weak minds; that every circumstance, which tends to support its tyranny, ought to be opposed: since it is not to be doubted, that many have lost their lives, rather than mortify their taste, or give up prejudices, which would appear ridiculous even in a child. Dr. Buchan, whilst treating of the nervous
D 3 fever,

fever, says, " Though blistering, and the use of
 " cordial liquors, are *the chief things to be de-*
 " *pended on*, in this kind of fever; yet, for
 " *those who may choose to use them*, we shall
 " mention one or two of the forms of medicine,
 " which are commonly prescribed in *it*." Now
 it is very reasonable to suppose, that many, who
 are guided by those strong aversions and pre-
 judices, which I have just mentioned; if attacked
 with the disease we are treating of, would eagerly
 catch at this authority, and refuse to make use
 of any thing, but *blisters and cordial liquors*;
they being, they would say, *the chief things to*
be depended on, in this kind of fever; leaving
 other remedies *for those who may choose to use*
them. The very great attention, which has
 been, of late years, paid to this fever, has
 rendered the practice of physicians, of these
 days, exceedingly successful; so much so, that
 the case must be attended by extraordinarily
 dangerous circumstances, to prevent a cure
 being accomplished; even if the patient have
 but a small degree of strength left. But, not-
 withstanding this, the best informed physicians
 know, that the various distressing symptoms
 which occur, oblige them to have recourse to
 several

several powerful, and useful articles of the materia medica.

The REGIMEN. After the stomach and bowels have been cleared, the patient may be supplied with food, of a light and nutrient kind; such as sago, rice gruel, panada, and falop, according as his inclination may dictate. Good white wine may be added to these, as may be indicated by the state of the pulse, and degree of languor; and, for the sake of variety, he may be allowed to drink of red wine negus, bottled cyder, perry, and particularly, if the patient entertains a desire for it, porter. Animal food should be avoided; unless the patient is anxious for it, when it will seldom do harm. But when the patient regains a desire for food, it will be best to begin with puddings of various kinds, shell fish, &c. resuming his usual diet gradually, as he finds his health return.

PUTRID MALIGNANT FEVER.

THE effluvia arising from the human body, accumulated, and long retained in the clothing,

&c, and the effluvia arising from the bodies of those labouring under this disease, are allowed to be the most usual causes of this fever.

The SYMPTOMS. This fever sometimes comes on with a great degree of rapidity; but, most frequently, it attacks in the same slow and insidious manner, as was remarked to be the case, with the slow nervous fever, just described. The shiverings, with which it in general commences, are, in some cases, very slight and transitory; in others, they are very violent. The shivering is succeeded by febrile heat; with pain in the head, loins, and, for the most part, also in the limbs; the dejection of spirits, as well as the loss of power in the whole nervous system, is particularly observable. The pulse is small, hard, and quick. Nausea and vomiting, are, also, among the symptoms which appear at the commencement of this fever. The eyes soon have their lustre diminished; their glassy part appearing dull, and that part which is termed the white of the eye, becoming of a yellow hue, blended with red. The patient's breathing becomes laborious; and interrupted by frequent, deep, involuntary sighings: and the

the cheeks assume a deep crimson, approaching to a purple. As the disease advances, the pulse increases in quickness, but loses its hardness. The heat increases; so as to give a very uneasy and lasting sensation of heat, to the fingers of any one, who applies them to the skin of the patient. Small red spots appear on the skin, resembling those remaining after the bites of fleas. The tongue gets exceedingly dry, and is, in general, covered with a hard rough coat, of a dark brown colour; the gums, and part of the teeth, are coated with a similar covering. At length, if the remedies used, do not prove sufficient for the removal of the disease, the pulsations of the arteries are reduced to indistinct, tremulous vibrations; the spots in the skin increase in number, and change their colour to a livid or dark purple. The patient constantly employs his trembling fingers, as though engaged in picking flocks off the bed-clothes, or, as in pursuit of some insect: this he continues, until a state of sleepiness succeeds to that of delirium; which soon terminates in so lethargic a state, that the patient can hardly be roused, by the utmost endeavours of the attendants. Discharges of blood from the nostrils; mouth, kidneys,

kidneys, &c. sometimes happen just before the death of the patient; which is generally preceded, also, by convulsive motions of the whole frame.

The urine, through the whole of the disease, differs much in its appearance. The stools vary much, in different subjects, as to their frequency: in general, there exists a costive state of the bowels, in the first days of the fever; and a fatiguing and depressing purging, towards the close. Sweating, which, in general, is obtained with great difficulty, in the early part of the fever; often comes on very profusely, after the first eight or ten days; when it is sometimes critical, and denotes a favourable termination of the fever: but sometimes it is merely a consequence of the debilitated state of the system, which, in that case, it invariably increases.

When the scene is contemplated, which has been just described; the propriety of not offering, in a publication of this kind, to deliver a plan of cure, must be so obvious; as to render it unnecessary to offer any other reasons, than those which were given, when treating of fevers in general.

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When doubt and alarm are excited, by such a variety of distressing symptoms, the friends of the patient must possess, more than usual hardi-ness, to venture to assume the office of the physician. But, unfortunately, there are many persons, who, although they will not depend on their own judgement, in proposing a mode of cure, will submit, at the recommendation of some ignorant, but well meaning friend, to use such remedies, with boldness, which a person, properly informed, would use with the utmost timidity. Thus, bleeding is often had recourse to, immediately on the appearance of fever, it being the popular opinion, that bleeding is the most effectual means of removing that disease; whereas, the fact is, that there is not one case of fever in a hundred, that will admit of this evacuation. Cases of this, and of the preceding fever, in which it is proper, are very rare indeed. The mischiefs, which succeed to its being improperly had recourse to, in these fevers, are, in general, so great; that no exertions, however skilful and vigorous, prove sufficient, afterwards, to save the life of the patient.

Dr.

Dr. James's Powder and Emetic Tartar are medicines, which are, almost always, employed, by family practitioners, in their attempts to remove fevers. But the operations of these, and of other antimonial medicines, are, in general, so violent, as to require the utmost caution in administering them. Not only is it necessary, that their doses should be exactly adapted; but also, that a strict attention should be paid, at the same time, to various other circumstances, to secure their beneficial effects. When, in addition to these considerations, it is recollected, that debility of the system is that state, which most certainly renders this disease fatal, the assertion must obtain belief, that the ignorant employment of remedies, so powerfully debilitating, must be accompanied with the greatest degree of danger. The celebrated Dr. Goldsmith lost his life, by the imprudent administration of Dr. James's Powder, as was clearly proved in the account of his illness, published by his worthy medical attendant, Dr. Hawes. Numerous other instances might be adduced, of mischiefs succeeding the employment of this, and similar medicines, by domestic practitioners.

Another

Another dangerous mode of treatment, which is frequently adopted in families, on the first appearance of fever, is; that of confining the patient to his bed, under a great load of bed-clothes, in a close, heated chamber; and plying him, profusely, with hot and spirituous drinks, for the purpose of forcing out perspiration. But this effect seldom follows the use of these means; but, on the contrary, the consequences of thus increasing, that heat, which already exists in a morbid degree, will be found to be; the augmenting of the parched state of the skin, and still more rigidly closing its pores; whilst the vigour of the system, is, at the same time exhausted, by this accumulation of irritating circumstances.

REGIMEN, AND MANAGEMENT OF THE PATIENT. Previously to delivering the advice which may be thought proper on this head, it is necessary to observe, that so much depends on the care and vigilance of the attendants, that no ordinary nurse ought to be trusted with this office; unless the physician is exceedingly exact and decisive, in his orders; and the friends of the

the patient equally careful in seeing, that his directions are literally obeyed.

Whilst endeavouring to obtain the cure of this fever, the physician will be anxious to support the strength of the patient, and to oppose the tendency to putrescency, which takes place in the system. To assist in the accomplishing of these intentions, is the office of the nurse; and of those, who take on themselves the kind, and important task, of tending the sick: and is only to be executed, with advantage to the patient, by paying a strict attention to the following points: the due administration of nourishment and medicines; the free admission of fresh air; the preventing of the accumulation of putrid effluvia; and the careful use of such means, as may be directed, for the alleviation of particular symptoms.

With respect to nourishment; it should not only be light and easy of digestion, but it should also be of an antiseptic nature. It may, therefore, be composed of sago, salop, panada, &c. to which may be added, wine, in a quantity proportioned to the state of the patient. A glass of pure wine, such as is most agreeable to his palate, may be also frequently allowed; in
which

which may be dipped a piece of toast or biscuit. Where it is thought proper to trust more to their antiseptic, than to their cordial properties, wines made from fruit of our own growth, are preferable; such as wine made from currants, which contain a greater proportion of the vegetable acid, or, at least, in a less involved state, than is to be found in the foreign wines. Cyder and perry, especially if bottled, are exceedingly beneficial. But if, as is frequently the case, nature requires the free use of cordials; none are so salutary as claret, hock, or even the more generous wines, such as port, sherry, or Madeira. Where the circumstances of the patient prevent his obtaining any of these, in the quantity required, bottled ale, or porter, will prove very useful substitutes. Nothing will be more serviceable, in correcting the state of the fluids, than the free use of ripe and fresh-gathered fruits; of these, the most preferable are currants, mulberries, oranges, strawberries, grapes, and raspberries. When these cannot be had, their place may be supplied, by those fruits which may be in season; or which allow of being preserved some time, as apples, pears, &c. and if these cannot be obtained, recourse must

must be had to dried fruits and jellies, or marmalade, made by boiling the juices, or pulps of fruits with sugar. Jelly, made of isinglass or hartshorn shavings, is very useful; being a very proper vehicle for the wine and acids; and conveying nourishment, at the same time, into the system. Beef-tea, or broths, when ordered, should be made strong of the meat; but carefully cleared from every particle of fat. The drinks, which may consist of apple-liquor, wine negus, barley-water, &c. should be given cold, and impregnated with the juice of lemons, oranges, or citrons. Instead of common water, Seltzer water should be used, for all the drinks, which are prepared without heat. When the disease is nearly gone off, and the stomach appears to be regaining its powers, of digesting and assimilating the aliment it receives; beef-tea, and broths made of different animal substances, should be given more freely, and even solid animal food, may be permitted; especially if the patient anxiously request it: since it very seldom happens, that any ill consequence follows, from indulging the patient in those desires: besides, that the vexation and disappointment,

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consequent to the refusal, might not be without injurious effects.

During the violence of the febrile heat, the patient should be allowed the indulgence of cold spring water, for his drink; and may frequently be refreshed, by wiping his face, hands, and arms, with cloths dipped in cold water, to which a little vinegar has been added. This recommendation, of the application of cold water to the surface of the body, may not seem to accord with the case I related, when treating of ague, of a young man, who was killed by having a pailful of cold water thrown over him. But this poor fellow, worn down by a quartan ague, had been endeavouring, during the shivering fit, to excite some heat, by hovering over the fire; and had just retired to his bed, still shivering, when the unfortunate affusion took place. But, in fever, Dr. Currie, physician to the Infirmary of Liverpool, has shewn, that cold water may be poured over the naked body, not only without injury, but with considerable benefit; but this must be done, where circumstances are widely different, from those which existed in this case:—the strength should not be greatly reduced; the heat should

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be

be steadily above the temperature of health; and no sense of chilliness should be present. The practice, successfully employed by Dr. Currie, is not, however, to be adopted, without due information: the rules just mentioned, may, however, be of some advantage in directing the use of cold water, as a drink, &c.

Before I conclude these instructions, on the article of regimen, it is necessary to add, with respect to the use of wine, that, although it be absolutely necessary during the continuance of this fever; and that, in such quantities, as to render it surprising how considerable a portion may be taken, without producing any of those effects, which would have proceeded from even a much less quantity, if taken by the same person, when in health: yet, as soon as the fever has left the patient, much caution becomes necessary in the use of it; since very disagreeable circumstances may follow, from too free use of it at this time. Several instances have been seen, where patients just recovered from this fever, during which they had swallowed, with salutary effects, considerable quantities of wine, have, upon drinking only a few glasses during their convalescent state, experienced

perienced the return of a considerable degree of febrile heat, and even of delirium: nor, have these consequences been either soon or easily removed. For although, during the disordered state of the system, accompanying the fever, the patient be able to bear a much greater quantity of wine, than when in perfect health; yet, when the fever entirely ceases, the wine, not only affects him as before; but seems to have become capable of producing injurious consequences, in proportion to the degree of debility induced.

For the sake of preventing the accumulation of putrid vapours about the patient, great attention should be paid to the ventilation of the room; and to the frequent changing of the bed clothes. The patient should not be confined to one room, but be removed from one to another: that which he has left, having the windows and doors all thrown open, for the free passage of the air; the floors wiped with cloths, dipped in vinegar; and such of the bed-clothes, as are not changed, exposed to the current of air; since, by their known capacity for retaining effluvia, they may become so loaded with contagious and putrid matter, as to prove infectious to the attendants, and perhaps to impede the recovery of

the patient. The apartment may be frequently sprinkled with rose-water, or vinegar, and filled with the odours of strong smelling plants. The sick person, in some cases, should be kept out of bed as much as possible; and placed so, as to face the current of air; the body being defended sufficiently by the clothing, to prevent any inconvenience being experienced; but not so much so, as to heat the patient. It must be allowed, that this practice is not admissible, in every case of putrid fever; since circumstances may arise, which will render it highly improper: these circumstances, depending on various combinations, of the season of the year, weather, constitution of the patient, &c. will be discovered and pointed out by the physician. But there is much less reason to fear, that this practice will be too frequently adopted; than that it will be neglected, in those cases in which it is recommended. For, too often, in this point, are the wishes of the physician opposed, and his directions disobeyed: the languor of the patient, and his unwillingness to be moved, with the prejudices against a practice so novel, forming, very often, almost insuperable obstacles. Indeed, it is very difficult to persuade those, who
have

have not witnessed the effects resulting from this mode of practice, that it is not necessary, for every person in a fever to be kept closely confined to his bed, under a load of bed-clothes, and supplied with heating drinks. It frequently happens, therefore, that no sooner has a physician left the room; than the patient is supplied with warm liquors, the windows and curtains are closed, and the bed-clothes, which had been removed, are replaced. Such opposition to the directions of a physician, viewed in the most favourable light, is highly censurable: its being, in a great measure, the effect of ignorance, is all that prevents it from being really criminal.

Among the symptoms which occur in this fever, no one requires more care and management, than the delirium, which, in general, accompanies the disease, almost through its whole course. During this delirious state, the patient is agitated with vague and irregular exertions, both of body and mind; which must necessarily, in proportion to their frequency, and length of continuance, exhaust the vital powers. To lessen these exertions, should be the task of some discerning and intelligent attendant;

attendant; who should gently repress the patient's efforts, and soothe his anxiety.

Dr. Blane, in his observations on this fever, has some remarks on delirium, which, from their extreme utility, and from their being only to be found in a publication, not likely to be read but by professional men, I shall introduce here; with the hope of more widely extending the comforts, which they were meant to procure, to the unfortunate victims of this disease. "Delirium," he says, "seems chiefly to consist
"in a false reference of our sensations, whether
"external or internal; and this is, in no sort
"of fever more evident, than in this. When
"any painful impression, for instance, is made
"by an external body, the patient, if in a state
"of delirium, does not refer it justly to the part
"affected; but the general agitation, and inco-
"herence of sentiments, will be aggravated for
"the time. I have known a degree of heat
"applied to the extremities, sufficient to blister
"them; yet the part did not shrink, though the
"raving and general uneasiness were increased.
"In like manner, with regard to internal sensa-
"tions, when an irritation is excited, to expel
"the urine, or *feces*, the mind does not recog-
"nise

" nise it as such, but from a sense of uneasi-
 " ness, probably mistaken for something else, an
 " effort is made to relieve nature, which is done
 " without a proper consciousness; and certain
 " symptoms are produced, which are well-known
 " marks of danger in this fever. In watching
 " those, who have been under the influence of
 " delirium, I have observed it increase, when
 " any particular want of nature urged; and this
 " would continue for some time, the patient
 " being incapable of procuring himself imme-
 " diate relief, on account of the false reference
 " of sensation, that has been mentioned; but
 " he would become calm after voiding the
 " urine or *feces*; or after receiving something
 " to drink, according to the particular want
 " that was present at the time." *—"Delirium
 " is one of the most constant and alarming
 " symptoms in this disease, and the removing of
 " it depends much upon the attendants, as well as
 " the physician.—I have seen a temporary
 " stop put to the patient's raving, by making
 " him drink, or upon his discharging his urine

* Observations on the Diseases of Seamen, by Gilbert
 Blanc, M. D. p. 374.

" or fæces ; for he is then unconscious of thirst
 " and other natural wants, is therefore ignorant
 " of the means of satisfying them ; and when
 " he does so, he fancies he is about something
 " else, which is the subject of his delirious
 " thoughts. This observation leads to a mate-
 " rial practical purpose ; for it follows from it,
 " that unremitting attention should be given
 " to the patient's feelings, and all his possible
 " wants, as those natural notices, and instinctive
 " cravings, which occur in health, are now
 " wanting, in consequence of the depraved state
 " of sensation."*

It was remarked before, when treating of the
 slow nervous fever, that, on the appearance of
 those symptoms, which are, in general, supposed
 to be the harbingers of death ; despair takes
 such strong possession of the minds of the
 attendants, that it is with the utmost difficulty
 the physician obtains those exertions, which
 may possibly save the life of the patient ; and
 which, being omitted, he well knows, his death
 will be inevitable. The caution given there,

* Observations on the Diseases of Seamen, by Gilbert
 Blane, M. D. p. 398.

is equally proper in this place; since it too often happens in this fever, as well as in the former, that patients are lost for want of being, almost momentarily, supplied, with cordial and nourishing drinks: this omission proceeding from the attendants supposing these exertions to be useless, and even cruel. Another reason, often given by those, who have neglected to make use of the necessary means, is, the patient's incapability of swallowing; when, perhaps, if the physician himself should make the trial, he would experience very little difficulty, in getting him to swallow a considerable quantity. To ascertain the cause of this difference of success, in the different attempts of the nurse and the physician; and to point out the proper method to be used in these situations, will be at least proper to attempt.

In the advanced periods of these fevers, the brain, and whole nervous system, are in so deranged a state; that a slight stimulus seldom excites the corresponding idea, which it was used to produce in health; and, frequently occasions no impression at all. When a patient is in this state, the merely emptying a spoonful of liquor into the mouth, is not sufficient to
excite

excite those muscles into action, by which the act of swallowing is performed; the liquid, therefore, remains in the mouth, until it escapes out at the corner of the lips; or else, from a drop insinuating itself into the windpipe, the whole quantity, from the violence and suddenness of the irritation, is thrown forcibly out at the mouth and nostrils. The appearances, in either of these cases, seem, at first sight, to warrant the conclusion which is generally drawn from them, that the patient has totally lost the power of swallowing: but, if the patient be so much aroused from this delirious, or comatose state, as to be apprized of the nature and intention of the endeavours that are making, he will generally be found ready enough to assist them. After rousing him, by gently shaking, speaking to him, raising him in the bed, &c. a spoon, filled with the liquor, that is intended to be given him, should be put to his mouth; moving it about against the tongue, lips, and sides of the mouth, until he is discovered to have swallowed the few drops that have fallen from the spoon. It now appearing, that the muscles serving to deglutition, are capable of performing their office, the whole quantity is to be poured
into

into the mouth, and followed by as much more as may be thought necessary; since, after having been thus roused into action, it will be some little time, before they relapse into their previous state of insensibility.

Another circumstance also occurs, in the comatose state of these fevers, from which the nurses are too likely to form a prognostic, which must necessarily confirm them in their despondency; but this symptom frequently is to be seen, without bearing that fatal import, which is commonly supposed. Where death comes on slowly, and the natural actions stop gradually, some little time before life ceases, the mucus or phlegm collects in the back part of the fauces, from the insensibility and loss of power in those parts, which, in health, serve to expel it; and, by occasioning an interruption to the passage of the air, in inspiration and expiration, a rattling noise is produced, which is termed, by the nurses, *the rattles*. Whenever, therefore, this accumulation of phlegm, and consequent rattling, takes place, in any case, where the disease has continued a little time; the good women, expecting that death will soon follow, resolutely oppose the making
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of any attempts for the recovery of the patient, or the support of his strength. But, in the advanced periods of these fevers, this symptom may frequently appear, without being accompanied by that degree of danger, which is in general supposed : for a considerable quantity of mucus is secreted, at this time, by the glands, which are placed about the back part of the fauces ; and is there gradually collected, in consequence of the patient, from the disordered state of his brain, not experiencing any inconvenience from it ; and, therefore, employing no efforts for its removal.

The mucus thus accumulated, and rendered exceedingly tenacious, by the increased evaporation, from the patient's breathing with his mouth open ; by obstructing, and almost closing the passage, produces the effect above mentioned. At the same time, in consequence of this mode of breathing, the teeth, gums, and tongue become dry ; appearing as if covered with a dry, hard, and black varnish, and seem to denote immediate dissolution. But it frequently happens, that if, instead of abandoning the patient in despair ; the necessary exertions are made, the patient is raised and supported in his bed, the
mouth

mouth and throat constantly moistened by nourishing and cordial drinks, these symptoms will soon disappear, and the patient probably recover.

PREVENTION. The necessity of constantly ventilating the chamber of the sick, and of filling it with the fumes of vinegar, &c. to expedite the cure of the patient, has been already stated. But, it is necessary to be more particular on this head; since, by the proper management of such means, the spreading of the infection to the attendants, the rest of the family, and even the neighbourhood, can alone be prevented.

By the ingenious and assiduous enquiries of modern physicians, we have obtained considerable information, as to the nature of the contagion, which produces fever. They have even traced it to the sources, whence it arises; and have discovered it in the *miasma*, or vapour rising from foul and stagnant waters, and from marshy lands; in the *effluvia* from an healthy body, which has been suffered to accumulate in foul clothing, and close apartments; and the

effluvia

effluvia arising from the body of one affected with fever.

It has been ascertained, by a variety of experiments,

I. That various substances may become imbued with these *effluvia*, and retain them for a considerable time.

II. That these *effluvia*, suffered to remain long at rest, in such substances; not only retain their noxious powers unimpaired, but seem to possess an higher degree of virulence, and more active powers, than those which arise immediately from an human body.

III. That the sphere of action of these *effluvia* extends, but to a small distance from the body, whence they arise; or from the substance, in which they are contained.

IV. That their power of communicating infection, is lessened, in proportion, as they are diffused through the atmosphere.

V. That the space of time is very different, according to different circumstances, in which infection manifests its presence, by any evident changes produced in the system: these changes sometimes immediately following its introduction; whilst, in other cases, ten days or a fortnight

fortnight will elapse, before its effects are discoverable.

VI. That infection, like some other poisons, does not affect those who are accustomed to it; especially, if it be gradually applied. Hence those about whom the poison is generated, may be less susceptible of injury from its influence: and physicians and nurses escape, while the visitors of the sick, become infected.

VII. That cold, which, in general, has been thought to have produced different effects, contributes to the increase of infection.

I am convinced, that, when you consider the dangers, to which the justly celebrated physicians must have exposed themselves, who have established these facts, by experiments, and accurate observations; you will readily allow, that the world is highly indebted to them, for their enthusiastic exertions in the cause of humanity; and will, perhaps, feel, with me, a considerable regret, that any motive should induce an intelligent physician, to whom all this is known, to assert, in a popular work, that
 “very few of the valuable discoveries in medicine, have been made by physicians: they
 “have, in general, been the effect of chance,

“ or

“ or of necessity, and have been *usually opposed*
 “ *by the faculty*, till every one else was con-
 “ vinced of their importance.”

Domestic Medicine. Introduct. p. xxii.

Such an accusation as this, unsupported by a tittle of evidence, cannot require a defence to be set up against it ; however much it may merit a severe comment.

But to return to that, which is of much more consequence.—We were remarking, that cold contributes to the increase of infection. The importance of this observation to every family, and its contradicting the generally received opinion, demands, that the arguments advanced in its favour, by Dr. Blane, should appear in his own words. “ Cold is favourable to infection,
 “ by preventing ventilation ; for people exclude
 “ the air, in order to keep themselves warm ;
 “ and the poor, in particular, do so, on account
 “ of their bad clothing, and their not being
 “ able to afford fuel, to make good fires. Heat
 “ is the great destroyer of infection, and seems
 “ to act by evaporating, and thereby dissipating
 “ it ; and the effect of fires in apartments, is to
 “ produce a constant change of air ; thereby
 “ preventing its stagnation and corruption,
 “ and

"and the accumulation of unwholesome effluvia." *

To lessen the probability of the contagion being disseminated, all unnecessary intercourse with the sick, should be avoided: and in addition to the means already proposed, for correcting the air of the apartments, the mode recommended by Dr. James Carmichael Smyth, for obtaining the nitrous or marine acid, in a state of vapour, may be employed. It consists in decomposing nitre, or common salt, by means of heated vitriolic acid, which may be done, as follows.—Put half an ounce of vitriolic acid, into a glass, or china cup, or deep saucer: warm it, by placing it in heated sand, adding to it, from time to time, some common salt. By a similar process, as suggested by Mr. W. Blizard, Surgeon of the London Hospital, "the *kali acetatum* (diuretic salt, of the shops) "being added to the vitriolic acid, the acetic acid becomes instantly separated from its "alkaline basis, and presents itself, pungent,

* Observations on the Diseases of Seamen, by Gilbert Blane, M. D. p. 250.

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and

“and refreshing, in a degree even beyond the
“fossil acids.”*

The necessity of an attention to these admonitions, may be rendered, perhaps, more evident, by considering; that the effluvia exhaled from one person, during the night, will, in general, be found to be very pungent and disgusting, to any other person, who may enter his bed-room; whilst the person, from whom they may have arisen, will hardly be sensible of any particular odour. The same is to be observed of clothing; since the smell, proceeding from foul clothing, is often extremely offensive to others, whilst the wearer of them does not experience the least inconvenience. The organs of smell, in the person who generates these effluvia, being as little susceptible of impression from their sensible properties; as his system may be, from any peculiar virulence, they may possess. Hence, much mischief may arise; since a person may thus carry about with him, a

* Suggestions for the Improvement of Hospitals, and other charitable Institutions, p. 54.

matter,

matter, not only highly offensive to others; but, perhaps, possessing properties very dangerous to any other person, who may come within the sphere of its action: whilst he is himself unconscious of its possessing, either of these active powers.

Another caution, not in general sufficiently attended to; is, to properly ventilate, and fumigate, the clothes, which had been worn by the patient, in the early days of the disease; and which, being most probably the same which were worn, at the time when he was exposed to the influence of the contagious matter, may still retain a sufficient quantity of the poison, to communicate the disease.

Great care is necessary, in the management of the patient, even after the total removal of the fever. He will be now left in such a state of debility, that the slightest exertions may prove too much for him: even the congratulations of his rejoicing friends must be restrained; and great care be taken, that he be not exhausted, by conversations with repeated visitors. The food, which his returning appetite demands, perhaps with avidity, should be given in small quantities, and frequently: and the

quantity of his wine, as already mentioned, should be considerably diminished. Exercise should be adopted, with the greatest care; lest too much fatigue be induced. Some caution, also, must be employed, as to the exposure to the air, in guarding against the cold, by proper clothing; particularly, by the use of flannel next the skin. Removal into the country, is generally recommended to the convalescent; but particular care is necessary, that he be not immediately sent to a situation, in which the air is much colder, than that from which he is removed; lest an inflammation of the intestines, or lungs, be induced.

Should any one have reason to suppose, he has received the infection of this fever, from the appearance of those symptoms, which mark its commencement; and, particularly, from a disagreeable sense of sinking and uneasiness at the pit of the stomach; it will be advisable, as soon as possible, to cleanse the stomach by an emetic, and to gently open the bowels; immediately after which, sweating may be promoted, by freely drinking white wine whey. Should these means not prove sufficient, a blister may be applied to the nape of the neck;—or rather,

rather, if these fail, immediate application should be made, for the advice of the intelligent, and experienced physician.

By the late discoveries respecting the constituent principles of atmospheric air, physicians have been enabled to establish certain principles, on which they can proceed with greater confidence, in the treatment of this, and many other diseases. A knowledge of these discoveries, and of their application by the healing art, cannot but be a pleasing and interesting acquisition to any one; but it is more,—it is a branch of science, which should be generally known. The friends of the sick, possessed of this knowledge, and consequently apprised of the principles, on which the physician proceeds to obtain a cure, can then more powerfully aid his endeavours; nor is this all—they also gain a knowledge of the principles, on which they ought to proceed, for the preservation of their own health. The Medical Extracts of Dr. Thornton communicate this information, in a most pleasing manner. Medical men wish not for ignorance, either in their patient, or his friends: they know, that whilst exercising the duties of their profession, the knowledge of the

first principles of medical science, will always yield them the strongest aid; whilst ignorance will best provide the prey of the rapacious empiric.

I have given a slight sketch of the principles, on which airs of different purity are employed in different diseases, whilst treating of Consumption. I shall therefore, here, only introduce the evidence of the ingenious REV. JOSEPH TOWNSEND, author of the Guide to Health, &c. as to the use of vital air in this disease. — "In my putrid fever, whenever the air of my chamber was artificially *oxygenated*, as my physician, Dr. Thornton, often witnessed, my respiration was pleasant, my oppression at my chest relieved, and I was enabled to breathe freely through the nostrils, without the assistance of my mouth, which I could not do before the room was oxygenated. At the same time, I am convinced that my appetite was greatly increased, my occasional sleeps rendered sound and undisturbed, and my digestion considerably quickened."

On account of the comfort it must yield to parents, to learn that infants are not so liable to fevers as adults, I shall close these remarks on
this

this fever, with the opinion of Dr. Underwood on this subject.

The Doctor has observed, for many years, as well in the hospital, as in private practice, that infants do not readily take common fevers, though exposed, for a long time, to that contagion, which has appeared to affect adults around them. He also observes, that every physician attending lying-in hospitals, must not only have known many infants suckled, without injury, through the whole stage of bad fevers, from which mothers have recovered; but also, in other instances, sucking greedily within an hour or two of their mother's death.

REMITTING FEVER.

Such fevers, as suffer irregular abatements, or remissions, of their violence, are termed Remitting Fevers. Remitting fevers hold a middle place, between continual and intermittent fevers. Continued fevers, in changing to intermittents, in general, take on the appearance of a remittent, before they clearly intermit.

Intermittents, also, which are becoming continued fevers, have irregular remissions, in the place of those clear intermissions, which before characterised them.

This, like other fevers, commences with a coldness and shivering; accompanied by violent pains in the head, and back; great dejection of spirits, loss of strength, and frequently a considerable difficulty of breathing. Sickness at the stomach, giddiness, and frequent hiccups, shew that the first passages are charged with offensive matters. The cold stage is succeeded by a considerable degree of heat; the pulse, which in the cold fit was small and quick, becomes fuller, but abates not of its quickness. The pain of the head and back increase; and the nausea is augmented, until it terminates in copious vomitings of bile; discharges of bile, by stool, also often take place. These symptoms continuing some time, the skin, which had hitherto been dry and hot, becomes moistened with sweat; which sometimes flows very freely. Soon after this, the symptoms abate, some ceasing entirely, whilst others are much lessened; the patient flattering himself with the hopes of health speedily returning: but

but these pleasing illusions, are soon dissipated, by a return of the paroxysm; which comes on with increased violence. The disorder proceeds thus, the paroxysms alternating with the remissions, until the remissions, which lessen each time, are, at last, entirely lost; the fever assuming a continued form. The discharges now become very offensive; a constant delirium and restlessness takes place; and, if the fever be not opposed by means sufficiently powerful, startings of the tendons, profuse clammy sweats, and convulsions, come on; which soon terminate in the death of the patient.

In the cure of this fever, one important indication is, the removal of the accumulated bile; but the same motives, which have forbidden, the detailing of the mode of cure, in the other species of fever, prevent its admission, in the present instance. In this disease, the most vigilant attention is required; nor will this be sufficient, unless united to skill and experience.

Early, regular assistance should be procured, indeed, in every case of fever; but, in no case, is the watchful eye of the physician more necessary, than in this: for if he be called
early

early in the disease, and discover the nature of the fever, which is, in general, sufficiently apparent to the experienced; he, by timely and well adapted evacuations, will remove that accumulation of sordid matter, in the first passages; which, in the course of the disease, would be likely to occasion much trouble and danger. As the disease proceeds, he will be enabled to ascertain the critical moment, when he may venture on the free use of the bark; the omission of which, might, most probably, occasion the loss of the patient: or, if used incautiously, would render every symptom more violent; and the disease, of course, less likely to be removed. Should such circumstances occur, as may seem to forbid the use of this valuable medicine; the intelligent physician will often be enabled, by a due attention to the rules of his art, to effect those necessary changes, which will render the employment of it safe and beneficial.

Languor, nausea, giddiness, and disinclination to motion, often precede, for some days, the shivering, which introduces this fever. At this juncture, the administering of an emetic; and some gentle medicine, to produce a discharge
from

from the bowels, would probably prevent the coming on of the fever; especially, if succeeded by a proper use of the bark.

By a regard to the rules, already laid down, the attendants on the sick, may derive sufficient instructions for their conduct, in the progress of this fever.

HECTIC FEVER.

In hectic fever, there are two evident exacerbations, in every twenty-four hours: one of these happens about noon, and continues the greater part of the afternoon, then suffers a slight remission; as evening comes on, a fresh exacerbation takes place, which continues until after midnight; another remission taking place about two or three o'clock in the morning, about which time, or, in general, later, a profuse sweating also frequently comes on. During the feverish state, an excessive heat is felt, in the palms of the hands, and the soles of the feet. The urine is, in general, of a high colour, and deposits a bran-like sediment; but of a reddish
hue.

hue. This fever is generally supposed to exist only as a symptom of some other disease, and as a consequence of the injury of some particular part. It most frequently occurs, when a collection of matter has taken place.

Since hectic fever is not a primary disease, I should not have treated of it separately, if I had preferred an attention to the rules of arrangement, to the important point of calling the attention particularly, to that state I have just described; which never exists without danger; and which is often to be found, where it has not excited the least alarm.

Wherever this disease is met with, there may it be expected, that the system is harrassed by some local affection, of a dangerous tendency; and if proper medical help has not been yet obtained, no time should be lost, before application is made to some one, to whom study and practice have given acuteness, in discovering the difference of diseases, as well as a knowledge of the most judicious modes of treatment.

INFLAM-

INFLAMMATION.

INFLAMMATION, unless very trifling, is preceded by a sense of coldness, and by shivering: to these succeed an increase of the heat of the whole body, oppression, and thirst: the pulse becoming full, hard, and quick; and the urine high coloured. A sensation of fulness and tension, with a preternatural sensibility, is experienced in the part, which is the seat of the inflammation; with a degree of heat, proportioned to the degree of the disease; and a pulsatile, or throbbing pain, which is more or less violent, in some cases, than in others; the difference depending, in a great measure, on the structure of the affected part. The blood-vessels, as far as the inflammation extends, are distended with blood: and those vessels appear to be filled with red blood, which, in a natural state, do not appear to receive it at all.

The blood, which is taken away in these diseases, is, when immediately drawn, of a dark colour; and in a more fluid state, than that
which

which is taken away in health, or in those diseases where inflammation does not exist; whilst coagulating, its surface is mottled with waves of a purplish hue; but as soon as the coagulation has taken place, the surface of the coagulated part becomes covered with a buff crust: but this appearance is not constant; since, though it might otherwise shew itself, it may be prevented, by certain circumstances in the taking it from the vein, in the receiving it in the vessel, &c.

Inflammation may terminate either by dispersion, suppuration, or mortification.

Resolution, or dispersion, is said to take place, when the cure is performed, while the texture of the part remains entire. This termination may be expected, when the disease is slight, and when proper means have been had recourse to, in the early part of the disease.

If the disease be violent, or should it not be opposed by means, sufficiently powerful; the pulsatile or throbbing pain increases, with the other symptoms, until suppuration, or the formation of matter, takes place. This is known by the pain, heat, and redness abating: and, at length,

length, by the discovery of a fluctuation of a fluid, in the diseased part.

But should the disease have existed a considerable time; and, instead of yielding any of those appearances, from which we might conclude that suppuration was about to take place; the pain, heat, and redness should increase to a considerable degree; it may then be feared, that the disease will terminate in a gangrene, or mortification. When this change is taking place, the colour of the part, from a bright scarlet, becomes a dark crimson; blisters arise on the part; the tumour subsides, the part becoming soft and flaccid; and from being violently pained, becomes nearly insensible. The deep red colour is now exchanged for a livid purple: the part at length becomes quite black, and having lost all life, exhales a cadaverous smell; and, if health should be restored, is at last thrown off by the action of the surrounding live parts.

It cannot be necessary to be more particular, as to the terminations of inflammation: the description of the appearances which take place, on the several terminations just mentioned, may be, however, highly useful; since, by an attention

tion to it, those who venture on the dangerous practice of domestic quackery, may be enabled to discover when danger is threatened, in consequence of their neglect, or improper interference.

In every inflammation, there is an increased action of the vessels of the part, and, indeed, of the heart itself, and of the whole system of blood-vessels.

To effect the cure of inflammation, therefore, these means should be employed, which are known to be effectual, in restraining this inordinate action. Among the first of these, may be reckoned bleeding. Blood, therefore, should be taken away, in the first place—but, arrived at this point, how shall I proceed? Shall I attempt to furnish the uninformed with particular rules, by which he shall determine, as to the quantity of blood to be taken away, as to the mode in which it is to be drawn, &c. ? You must plainly see, that this ought not to be attempted; and that I should rather say, that every case of inflammation, which requires general bleeding, must be a malady of so serious a nature, as to demand all that art and science can perform. I shall, therefore, here only

I shall

make

make some general observations on the means of cure: shewing the many difficult and important points, in which an accurate decision will be demanded; and leave it to you, and the rest of my readers, to judge of the propriety of taking, without the best advice, even this first step, in the attempt to obtain a cure.

In ascertaining the quantity of blood to be taken away, not only must the sex, age, and strength, be considered; but also the degree of violence of the disease, and the importance of the part affected, to the œconomy of the system. The quantity being determined on, it is next necessary to ascertain, from what part the blood shall be taken. In some cases, where it is required, to produce a considerable effect on the whole system; it may be taken from the most convenient part, however distant from the part affected: but where it is only necessary to lessen the quantity of the blood, determined into the diseased part; topical bleedings should be employed, as near as convenient to the inflammation. If topical bleeding be resolved on, the situation of the diseased part, and other circumstances, must point out the mode; whether by opening a vein, near the part, or by

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the application of leeches, or by cupping. When it is determined, as to the quantity, and the mode by which it is to be taken away; it is necessary to consider, in what space of time, the given quantity should be obtained. In most cases, the evacuation should be procured in as little time as possible; the more speedily the discharge being made, the more considerable, in general, being the curative effects: but in other cases, if the blood be not taken away, with the utmost slowness and caution; a sufficient quantity will not be obtained, to be productive of any real benefit. Nor is it a matter of trifling consequence, to ascertain whether a slight topical bleeding may be sufficient, for the removal of the disease; or whether a more large and general bleeding be necessary: for, on the one hand, if too small a quantity be taken, the disease will not be removed; and, on the other, from too large a quantity being taken away, there is danger of inducing other diseases, more difficult of removal than the original complaint.

One of the most powerful means, next to bleeding, of relieving the overloaded vessels, and of lessening the disease, is the proper administration

ministration of purgative medicines: but no small degree of judgement is necessary, in determining what kind of purgative should be employed; since, in some cases, those only should be had recourse to, as produce the least irritation; such as manna, neutral salts, &c. whilst, in other cases, those of the strongest kind, such as calomel, scammony, jellap, &c. must be had recourse to. This evacuation should not be persisted in to the same degree, in every case; and there are cases, where even greater relief will be experienced, by procuring an evacuation of a different kind; such as that by perspiration, which will sometimes, indeed, be productive of more advantage than even bleeding itself. In those cases, where sudorifics are employed, purgative medicines, any farther than just to obviate costiveness, are sometimes, not only unnecessary, but even incompatible with the use of sudorifics; since, by the necessary shifting of posture, occasioned by their operation, there is a probability of giving a check to the flow of perspiration; and thereby occasioning, an increase of the original complaint.

Neutral salts, vegetable acids, &c. are useful; since they appear to possess, a power of diminishing the increased action of the blood-vessels, and, consequently, the impetus of the blood flowing into the diseased part.

The external applications, which may be usefully employed, in the cure of inflammation, are numerous, and must be varied, according to what is pointed out by the different indications. Hot water, plain, or impregnated with the virtue of medicinal herbs, or in the form of steam, will be useful in some cases; whilst, in others, not only cold water, but ice itself, may be beneficially employed. Cataplasms also may be necessary; and these may be sedative, or stimulating; relaxing, or constringing; as the case may require. Sometimes, particularly where the inflammation is deeply seated, or possesses any of the internal parts, the use of blisters becomes advisable.

You may now expect me to proceed, in describing the respective cases, alluded to; and in laying down particular rules to guide you, in the choice of the several applications, just mentioned: but cast your eyes, once more, on the foregoing enumeration of remedies; and then say,

say, whether the use of such various, and even opposite means, should be entrusted, in cases of such importance, to those who are totally unacquainted, with the structure of the human body, with the various powers it possesses, the energies with which it is endued, and the changes it undergoes by disease. Be assured that, from a want of knowledge of general principles, the most dangerous mistakes may be made, in the selection of these remedies; and that, in certain periods of the disease, the employment of some of those means, which, in other stages, might be successfully employed, would certainly be followed by an increase of the inflammation; and, in many cases, might occasion an immediate termination in gangrene.

Not only is skill required in appropriating the different remedies, to the different stages of the disease; but great nicety of judgement must be exerted, to enable the practitioner to adapt the remedy to the disease, whilst gliding from one stage to another; since each may depend on a contrary state of the system, and consequently, require an opposite mode of treatment. Thus in the early part of the disease, when it is possible to carry it off by resolution; and it is safe and

expedient, to procure this mode of termination; cooling and discutient applications must be adopted: but if resolution cannot be accomplished, emollient, and even stimulating fomentations and cataplasms, must be used, to procure a speedy suppuration, but, as soon as this process is completed, a change must again take place in the treatment. Another change must follow, when the disease is likely to terminate in gangrene; and the nature of the applications must be determined, by the consideration, not only of the circumstances then observable, but of those also which have preceded; both requiring to be weighed in the mind, with the greatest attention.

Even the resolution, or cure of inflammation, in its first stage, should not be attempted, without some consideration; since there are often important advantages to be gained, by allowing the suppurative process to take place: such as, the removal of some extraneous substance; the prevention or removal of some other disease; the formation of a critical abscess; and cases also occur, where the means which would be required to be used, for the removal of the inflammation, would do more injury to the

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constitution, than the permitting the inflammation to proceed to suppuration.

For obvious reasons, I shall not attempt to trace out a plan, by which you may be enabled to undertake the treatment of so dangerous a state, as that which accompanies gangrene. Hoping that the formidable appearance which this malady assumes, will be sufficient to deter any one from presuming to attempt its cure, unless possessed of the necessary knowledge of the animal œconomy; and of the means, by which the morbid deviations, to which it is subject, may be corrected.

Less difficulty arises, in the endeavour to lay down rules for the regimen and management of the patient; as the general outline of that part of his treatment, which is more particularly the province of the nurse and attendants, will be laid down by the physician or surgeon. In the early part of the complaint, when there exists a probability of dismissing the disease, by resolution; the utmost assiduity should be exerted, that the effects of the remedies which are administered, should be seconded, by avoiding or moderating those irritations, which are almost constantly applied to the system. The increase

of heat, therefore, should be prevented, by allowing the free access of cold air into the room; but in many cases, although it may be advisable that the patient breathe the cool air, yet it may not be proper, that it should come in contact with the surface of the body: this is more particularly the case, when the inflammation has attacked the internal parts, as the bowels. In these cases, the body should, therefore, be defended from the immediate action of the cold air. But although it be thus recommended to protect the body from the cold, yet great care should be taken, that this be not done in such a manner, as to allow the heat of the body to accumulate, except in those cases where it is desirable to produce an increase of perspiration. The patient should be kept perfectly still, since, by the action of the muscles, the motion of the blood is accelerated. Great care should be also taken, that the aliment be of that kind, which is least likely to irritate: consisting only of panada, sago, barley-water, ripe fruits, &c. Rigorously avoiding all animal food, spirits, wine, &c. even in the smallest quantity. In those cases where the disease exists, in any considerable degree,

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all aliment should, at least for a time, be entirely abstained from: the patient being, however, plentifully supplied with drinks, of the most simple and watery kinds; as toast and water, and mint or balm tea, to each of which may be added, as much of the juice of lemons or oranges, as may render them agreeable to the palate. In some cases, indeed, where the vital powers are too much diminished, a more generous mode of living will be directed by the physician or surgeon: and this will be enjoined, not merely where it is wished to bring on the termination by suppuration; but even, sometimes, in those cases, where the cure or resolution of inflammation, in its first stage, is proposed. That the power of making so nice, and so necessary a discrimination, as will be necessary to enable any one to point out the cases, in which the one, or the other, of these modes shall be adopted, is not likely to fall to the lot, at least, of ordinary domestic practitioners, must, I think, be allowed; and is one proof of the impropriety of trusting the cure of inflammation in such hands.

When the process of suppuration is commenced, it will be necessary to make some
 varia-

variation in the patient's regimen. Broths, and even small quantities of solid animal food, may, in most cases, be now permitted; for the sake of supporting the animal powers, and enabling nature to accomplish the work she has begun.

But when gangrene is about to take place, the utmost caution is required, in determining on the most proper regimen to be adopted: for although it frequently happens, that where gangrene comes on, the vital powers are much exhausted, and that, of course, a cordial and invigorating regimen becomes necessary: yet it sometimes is the case, that gangrene is the immediate effect of violent action; a disposition to which still existing in the system, and rendering the use of stimulating medicines and diet, likely to aggravate the disease.

PREVENTION. It is necessary, that those things be avoided, which experience teaches us has the power of producing fulness, and increased action of the blood-vessels: such is the indulgence in full meals of animal food, strongly seasoned dishes, spices, &c. and the abuse of fermented and spirituous liquors. Animal food should, there-
fore,

fore, be taken in very small quantities; and the meals be chiefly composed of vegetable substances, to which variety may, in some measure, be given, by the different modes of preparation; nor should even these be taken in a greater quantity, than is just sufficient to satisfy the demands of nature. Spirits must, of necessity, be entirely prohibited; and wine, and all fermented liquors, taken very sparingly.

Gentle exercise, which is likely, by promoting the excretions, to prevent the occurrence of plethora, or fulness of blood, should be freely employed.

If any particular part has been once attacked by inflammation, it will, for a considerable time after, be much disposed to suffer a return of the complaint: to prevent this, besides adopting the advice already delivered, that particular part should be defended from the partial action of cold. If it be some internal part that has been thus affected, the surrounding parts should be covered with flannel, which should be worn, with its roughest side immediately next to the skin; this will not only defend them from the action of cold, but be productive of other bene-

beneficial effects, which, however, need not be here particularised.

Among the circumstances which occasion inflammation, particularly of the internal parts, is the too sudden transition to an atmosphere, differing much, in its degree of temperature, from that to which the person has just before been exposed. This is indeed so frequently the cause of dangerous diseases, that it cannot but be beneficial to render it an object of attention, and to point out the most efficacious means of preventing its dangerous consequences. When the body has, by any means, such as the employment of violent exercise, or sitting in an heated room, acquired a great degree of heat, the blood, by its rarefaction, has its volume enlarged; and an increased action in the vessels takes place. If, whilst in this state, the body be suddenly exposed to the cold, the vessels on the surface become constricted, and the blood is repelled into the internal parts; where, should any exciting cause happen to be present, a congestion and inflammation in some of the viscera may be the probable consequence.

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After having been thus exposed to the action of cold, at a time when the body was heated beyond its natural state, the object of endeavour should be, to regain a regular circulation of the blood; but, unfortunately, it often happens, that, not only the means adapted to the indication are omitted; but that other means, which are most likely to aggravate the injury, are had recourse to: such is the use of spirituous liquors, which, at these times, by their stimulus applied to the stomach and bowels, already in a state verging on inflammation, must frequently produce those evils which they were intended to prevent.

Another mistake is too frequently made, in having recourse to spirituous liquors, and heating drinks, previously to the exposure to cold air; these, by their stimulus, increase the action of the blood-vessels of the viscera, and dispose them to run into diseased action; when, by the application of cold to the surface, immediately after, the blood is driven inwards.

Having pointed out the mischiefs likely to arise from the measures generally adopted, to prevent ill consequences from the exposure to cold,

cold, whilst the body is heated; I shall endeavour to lay before you, the most proper mode to be employed.

Suppose, then, any one, after having been for some time in a heated room, is exposed to the cold air of the evening; or that after being heated by walking, or other exercise, he is exposed to a current of cold air, or sits for some time in a cold and damp room; and that a considerable chill, or a sensation of extreme coldness, seems to pervade the whole body: in this case we may conclude, that only the addition of some exciting cause is necessary, to occasion inflammation of the lungs, or of some other important part; and therefore, should immediately proceed to endeavour, at obtaining an equable state of the circulation. This will be best done, by a very gradual exposure to an atmosphere of a higher temperature; gently exercising the body, and drinking of some warm, weak liquor, as weak wine and water, gruel, or barley-water, until an agreeable warmth returns. If any shivering has been experienced, it may be necessary to lay down between blankets, and drink warm, diluting liquors, until a
moisture

moisture is produced on the skin. Should any slight pain or uneasiness be felt, this treatment becomes the more necessary, and should be continued, until that symptom no longer exists.

Nearly equal danger arises, from too suddenly passing out of an atmosphere of a very cold temperature, to one of a much warmer. Impelled by a desire to get rid of the disagreeable, and even painful sensations, arising from exposure to severe cold, those who have been thus exposed, generally seek the warmest room, and the nearest place to the fire; and, not unfrequently it happens, that in addition, to drive out the cold more completely, spirituous and other heating liquors are also had recourse to. Should a chilliness continue after this, the fire is increased, and a more free potation of some spirituous liquor is indulged in. By this conduct, inflammation of the bowels, stomach, or lungs, is frequently occasioned; and, indeed, it is seldom that it is adopted, with entire impunity; since a catarrh, or, as it is commonly called, a cold, most commonly, at least, succeeds.

As to procure a compliance with advice, it is necessary to shew the reasons on which that advice

advice is founded; I must inform you, that after exposure to the cold air, especially for any considerable length of time, the body is in a state most highly susceptible of injury from the application of heat. This takes place on the same principle, that when the eyes have been secluded some time from the light, they will, on its being again admitted, be struck by the appearance of extraordinary splendour; and, that the hand will be more sensibly affected, on being plunged into a vessel of warm water, if it have been previously held in cold water, or snow.

A very little consideration will be sufficient to convince you, that, during this state of the system, the exposure to such powerful stimulants, as the heat of a large fire and strong drinks, must be highly dangerous: and that, after exposure to severe cold, it is best to persist, for a little time, in some gentle exercise; to approach the fire very gradually, and to drink only of some diluting, weak drink, such as tea, barley-water, milk and water, &c. always remembering, that, when the body has been either chilled, or much heated, that it be brought back to its natural warmth by degrees.

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I cannot here refrain from recommending to your attention, an excellent little pamphlet, by Dr. Beddoes, entitled, *A Guide for Self-Preservation*; and I doubt not, but on perusing it, you will join with me in wishing for its general circulation; especially among the poor, for whom, by its price, and by the style in which it is written, it is evident that it is benevolently intended.

Of so much real importance is it to stop the career of inflammation, at its very outset, that I earnestly request you, *in every case in which pain occurs with fever, to obtain immediately the best advice*: remembering, that if inflammation be suffered to proceed a certain length, although not so far as to endanger the patient's life; it is very probable, that it may be productive of very serious inconveniences, which he may be obliged to suffer the remainder of his life.

INFLAMMATION OF THE BRAIN.

In this disease, there exists a very considerable degree of fever, a violent and deep-seated pain

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in the head, a fulness of the vessels and redness of the face, and of the eyes; with excessive dry skin, and parched tongue. The patient obtains no sleep, is very much affected by the least noise, or the admission of light into the bedroom; and, generally, a very high and furious delirium occurs. This disease soon runs through its course; and, if proper means are not had recourse to very early, the patient will be lost within a very few days.

Whatever irritates the membranes investing the brain, or stimulates the substance of the brain itself, may become an exciting cause of inflammation of the brain: among these causes, the most frequent are, external injuries, the drinking of large quantities of spirituous liquors, violent exertions of the mind, and the exposure of the bare head to the ardent rays of the sun.

Large and repeated bleedings, cathartics, and blisters, with the other remedies enumerated in the section of general inflammation, will be employed by the physician in this dreadful disease. The regimen will, at the same time, be ordered to be as spare as possible.

To enlarge on the means of cure adapted to this disease, and on the management of the patient,

patient, would be to engage the reader's time, without a possibility of yielding him any useful information: since, in a disease which is so rapid in its progress, and is so frequently fatal in its termination, no consideration whatever, should induce any one to attempt its cure, unless he possesses real medical knowledge. Besides, some of the symptoms of this disease, are frequently to be met with, accompanied by circumstances of so ambiguous a nature; that, unless the observer has discernment sufficient to enable him to mark the real state of the system, his well intended exertions may soon destroy his unfortunate patient.

Those, whose nervous systems have been debilitated, and whose constitutions have been impaired, by the frequent use of spirituous liquors, are very subject to be attacked with a fever, which is accompanied with a delirium, similar to that which has been just described: the fever beginning its attack, with symptoms, which seem to point it out to be of an inflammatory kind: but the excessive debility which, in general, takes place in a day or two, plainly shews; that the adopting, in this case, the profuse evacuations required in the

true and simple inflammation of the brain, must be succeeded by the destruction of the patient.

INFLAMMATION OF THE EYE.

THIS disease begins with a slight redness of that part, which is termed the white of the eye; as this gradually increases, the eye becomes hot, feeling as though particles of dust were on its surface. The eye-lids swell, and the admission of light to the eye is accompanied with great inconvenience. Tears flow from the eyes in considerable quantity, almost scalding the cheeks as they trickle down.

By the use of well adapted remedies, at, and before this period of the disease, a resolution of the inflammation will generally be procured.

But when the disease is neglected, or not opposed by means sufficiently powerful; the redness increases to such a degree, that the part of the eye which was before white, becomes of an uniform crimson colour: the blood-

vessels

vessels being so distended, that the surface becomes rough and irregular; and so much elevated, that the cornea, or transparent membrane, on the fore part of the eye, appears to be sunk. The pain extends to the bottom of the eye; and considerable pain is also felt in the head. When the disease has proceeded thus far, it seldom goes off without leaving a speck on the cornea, which sometimes deprives the patient of his sight: sometimes, also, a suppuration takes place in the eye itself, which is succeeded by total blindness; the eye, in some cases, sinking in the socket; and, in others, being so enlarged, as not to be contained within the eye-lids.

The occasional causes of this disease may be, external violence, applied to the eye-lid, or the eye itself. Extraneous bodies under the eye-lids; such as particles of dust, or sand; acrid fluids, or vapours, &c. Exposure of the eyes to a strong light, and much exercise of the eyes in viewing minute objects. Inflammation of the eyes may also be the consequence of morbid acrimony, existing in the system: it may likewise accompany other diseases of the eyes, and of the neighbouring parts; such as the turning

inwards of the eye-lids; stiches, or styas, which grow on the eye-lids, and which may be either encysted, scirrhus, or warty; tetter, and ulcerations on the edge of the eye-lid; and a great number of other diseases, which it is unnecessary to enumerate here.

When this disease is simple, in no very considerable degree, and the exciting cause no longer existing, attempts for its cure may be made, by applying leeches to the temple, on the same side with the affected eye, in a number proportioned to the age and strength of the patient; a blister may be applied on the temple, after the bleeding has ceased, and a brisk purgative also be given, using for a lotion simple rose-water, or about four grains of white vitriol, dissolved in two ounces of rose or elder-flower water.

The defending of the eyes from the light, is a circumstance of no small importance: the following observation, therefore, should be carefully attended to. The diseased eye, however closely secluded from light, will always be injured by the action of light on the sound eye: since each eye will sympathise with the other, in all its motions. The patient should, therefore, confine himself to a dark room; as he need not
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then keep off the cold air, by those means which he must otherwise use for excluding the light. Should the disease not be considerably diminished, by the use of these means, application for regular assistance should be immediately made: since we may now conclude, the disease is so obstinate, that should time be wasted by the employment of unsuccessful measures, or should the family practitioner be led unfortunately to adopt stronger means, there will be danger, that his temerity may be punished by the poignant reflection, that, by his well meant interference, he has deprived his unfortunate patient of sight. The alarm, which undoubtedly I mean to excite here, will not, I am confident, be esteemed unnecessary; when the delicacy and importance of the affected organ, the numerous intricate causes on which the disease may depend, and the shocking manner in which it may terminate, be attentively considered.

The division of the inflammation into external and internal, is of considerable importance to be attended to in this place. From an inability to make a distinction between these, arises the greatest danger of the uninformed practitioner

occasioning total blindness to his patient: since the inflammation of the deeper seated parts of the eye may occur, without the appearance of such external signs, as will point out to him the great danger which exists. Means, therefore, may be adopted, proportioned only to the external appearances; and the sight be irretrievably lost, in a very few hours.

I am aware, that you will think, I ought to have particularised a few other lotions, on the supposition, that the lotion I have mentioned above should not prove useful. But as the difference of irritability of the eye, in various cases; and the different degrees of the disease, must determine the strength, and the nature of these applications; it would be unsafe to offer any more definitive directions, than that care should be taken, that none be used of such strength, as to occasion any increase of pain. It is true, that some very celebrated surgeons, recommend the use of such remedies as occasion, for a time, a very considerable augmentation of the pain: but applications of this kind must be used, with the greatest circumspection; since, should they fail of their wished for effect, they cannot

cannot but be likely to increase the complaint.* There are few families who do not possess some lotion for the eyes, which they recommend, as adapted for almost every disease, to which the eyes are subject: but certainly, when the various causes of this disease, and the vast number of its species and varieties, are considered, as well as the many affections of the system with which it may be intimately connected; every one must be satisfied, that there is no one remedy whatever, which can be had recourse to indiscriminately, in all those cases, without frequently producing considerable mischiefs.

Even in those cases, which are not distinguished by any alarming symptoms; and in which the prudence of the family practitioner, induces him to make use of only the mildest applica-

* Mr. Ware, in his ingenious publication, on the Diseases of the Eye, recommends the dropping of the Thebaic tincture into the inflamed eye. In the hands of this gentleman, and of many other surgeons, this has proved a very powerful remedy: but when used by those who are not able to make the necessary discrimination, between such cases in which it may be used with benefit, and others in which it may prove injurious, very ill consequences may be produced.

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tions, ill consequences may be produced by domestic tamperings: for frequently, when the disease, though not violent, does not yield to the endeavours which are made, the vessels, from the mere duration of the inflammation, lose their tone; and hence is produced an additional cause of the continuance of the disease, and that in one of its most obstinate states.

In many cases, the disease is supported by an affection of the whole system, the nature of which may be with difficulty discovered; but until this be done, and the fault of the habit corrected, no topical applications can be of any service.

Newly born, and very young children, are subject to a species of inflammation of the eyes, which very frequently, for want of proper and timely help, produces blindness. It begins with redness and swelling of the eye-lids; the swelling soon becomes so considerable, that the eye can hardly be seen, even when force is made use of for their separation. This is soon succeeded, by the formation of a very considerable quantity of a thick yellow matter, which is diffused between the eye and eye-lids; and which oozes out very freely, on the least pressure.

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This disease will oftentimes, if proper means are not timely used, continue a considerable time; the eye-lids remaining so swelled, for many days, that the real state of the eyes cannot be discovered: and frequently it happens, upon the subsiding of the swelling, that the distressed parents discover, too late, that, in consequence of their neglect, or imprudence, their unfortunate child is irremediably blinded. From that wonderful infatuation, by which the diseases of children are delivered over to the management of an ignorant nurse, this melancholy catastrophe, in general, proceeds. Those who have the opportunity of making the observation, know, that even among the middling class of people, application for regular aid is very seldom made, even in this dreadful malady, until the disease is so far advanced, as to render a melancholy termination most probable.

You will not wonder, that I dare not presume to recommend any plan for general adoption, in so distressful a case; indeed the only advice that can be given, in such a work as this, is to make the earliest application to some experienced

rienced surgeon, and to pay the most implicit attention to his directions.

As to the prevention of inflammation of the eyes, the following cautions may be useful. When the eyes are disposed to be easily inflamed, a long and earnest exercise of them should be carefully avoided. Caution should be used, not only in viewing highly illuminated and vivid objects as little as possible; but even long poring on duller objects, should be avoided. Acrid fumes and vapours are very hurtful; and perhaps few more so, than the smoke of tobacco. Discharges, to which the constitution has been long accustomed, should not be unadvisedly suppressed; and where there is evidence of the existence of any particular acrimony in the system, that should be corrected; and until that is accomplished, a purulent discharge should be obtained from behind the ears, the pole of the neck, or from some part, as near as can be conveniently had to the head.

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THE QUINSEY, OR SORE THROAT:

OF this troublesome, and sometimes dangerous complaint, there are five distinct species; which often require a considerable degree of penetration and experience in the observer, to enable him to ascertain the nature of the disease, or the part in which it is situated; both which circumstances are absolutely necessary to be known, before any attempts are made for the cure.

INFLAMMATION OF THE TONSILS,

OR THE

INFLAMMATORY SORE THROAT.

AT the posterior part of the inside of the mouth, may be perceived two round glandular substances; which are termed, *the tonsils*: between these is extended a membranous substance, called the veil of the palate, from the
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middle of which is suspended the *uvula*, a fleshy substance, in general about half an inch in length; but varying much in size in different persons, and in the same persons, at different times. In these parts, is this disease in general seated; and is discoverable by the existence of fever, with redness, swelling, pain, and a sense of tightness in those parts, accompanied by a difficulty in performing the action of swallowing.

The commencement of this disease is, in general, marked with a shivering, and is succeeded by febrile heat; as this heat increases, the skin becomes dry and parched; and the pulse becomes quicker and stronger than natural. Soon after, or immediately at the coming on of these symptoms, an uneasy sensation is felt in the throat, with a difficulty of swallowing. A considerable flow of viscid saliva takes place; which, from the uneasiness produced by the attempts to swallow it, is suffered to accumulate in the mouth; occasioning no small inconvenience to the patient. When the disease exists in a high degree, the power of swallowing is almost lost; the liquids, which the suffering patient attempts to force down, being thrown
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back from the mouth, or, in consequence of a drop falling into the windpipe, is thrown out with violence, both at the mouth and nostrils.

This disease generally terminates, either by resolution, or suppuration; gangrene hardly ever taking place.

Among the causes of this disease, may be mentioned the exposure to violent degrees of heat or cold; particularly the sudden exposure of the body, when much heated, to excessive cold, or the partial application of a stream of cold air; indulgence in spirituous liquors, and highly seasoned dishes; eating heartily of animal food, without a due mixture of vegetables; &c.

Those who are most liable to this disease, are the middle aged, and those of a full habit. It is most frequently to be observed, in those seasons, when vicissitudes of heat and cold chiefly occur. The having once been affected with this disease, leaves a strong disposition to future attacks.

For the removal of this disease, evacuations, by bleeding and cathartics, must be adopted; and other cooling means must also be employed. The extent to which these are to be used, is only

only to be ascertained, when a judgement is formed of the degree to which the impending disease might be likely to attain. Of this, a skilful physician will, in general, be able, by a careful attention to the particular appearances of the diseased parts, the state of the pulse, the temperament of the patient, &c. to make a conjecture sufficiently near the truth to enable him, if called in on the first hours of the disease, to disperse the inflammation, without any evil consequences. Since it is obvious, that to do this requires both penetration and skill, few surely will be found hardy enough to make this attempt, without possessing these indispensable requisites.

If another argument were necessary against domestic practice in this disease, it is to be found in the difficulty which the unexperienced must find in always ascertaining the nature of the disease: thus an appearance will frequently take place, which might induce any one, who is not accustomed to observe the disease, to suppose it of the ulcerated kind. The appearance alluded to is produced by several little openings or pits in the tonsils, which being filled with mucus, are very likely to be mistaken for

for incipient ulcerations. A mistake produced by this circumstance, would be of a very serious nature; since it must lead to a mode of treatment opposite to that which is really indicated.

Considerable distress is sometimes occasioned, by the inflammation suddenly quitting the throat, and attacking some important part; frequently the lungs. Much circumspection and attention is necessary, in this case, even from the most experienced; and the domestic practitioner should be apprised, that the greatest danger may follow this change, if not discovered sufficiently soon to allow the early employment of the necessary means.

With respect to the regimen of the patient, it must be of the most cooling and diluting kind. Barley-water, rendered agreeable to the palate by the addition of black or red currant jelly; linseed tea, sweetened with honey, &c. may be used for common drinks; but the directions of some one, who is well versed in the nature of the disease, will be needed, for particular directions in this respect; since the regimen which is proper, whilst there are hopes of discussing the inflammation, may require to be altered,

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when suppuration appears to be about to take place.

The patient is, in a great measure, obliged, by the inconveniences he sustains, to breathe with his lips open; in consequence of which, the moisture evaporating from the inflamed surface, leaves it parched and dry; a state favourable neither to discussion nor suppuration; to remedy this, he should constantly hold some fluid in his mouth. Although attempts to swallow are accompanied with considerable pain, he should frequently get down some lubricating drink; remembering, that the pain consequent to swallowing is produced, not so much by the passage of the liquid which is swallowed, but by that action of the inflamed parts, by which deglutition is performed: hence as much pain is, in general, produced by swallowing a teaspoonful of any liquid, or even the saliva, which so constantly demands deglutition, as would be occasioned by swallowing a much greater quantity; wherefore the patient should, by trials, discover nearly the quantity which can be thrown down at each exertion, and then never make the attempt with a less quantity.

Gargles

Gargles are frequently of the greatest use in this complaint; but the ingredients, of which they are composed, must be pointed out by the degree and state of the disease.

Bathing the feet in warm water, oftentimes gives great relief, when the swallowing is difficult. Similar benefit has been experienced from the steam of warm water, received in the mouth, through a funnel, or some proper apparatus.

External applications are frequently of the greatest service. In the advanced stage of the disease, emollient cataplasms applied to the neck and under the ears, contribute much to the relief of the patient. But the most evident advantages, resulting from the use of external remedies, are those which are produced by the use of stimulating applications, such as hartshorn and oil, cataplasms of oatmeal and flour of mustard, blisters, &c. applied to the neck, when the patient first discovers any uneasiness in the throat; for frequently, as soon as these applications have excited a heat and redness externally, the internal inflammation will begin to lessen.

For the prevention of this disease, the directions should be adverted to, which have been already given, when treating of inflammation in general; particularly attending to the admonition, of defending the external surface over the part which is disposed to inflammation, by additional covering; and with such substances nearest to the skin, as may, by gently irritating it, promote the action of the vessels on the surface.

THE PUTRID OR MALIGNANT UL- CERATED SORE THROAT.

In this disease, the tonsils, and all the internal fauces, are affected with redness, swelling, and gangrenous ulcers, producing a difficulty, both in swallowing and breathing, accompanied by a fever of the putrid kind.

This disease begins, in general, with frequent chills and shiverings, excessive languor, depression of spirits, with continual nausea, and frequent urgings to vomit. These are succeeded by a febrile state, in which the pulse is quicker
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and smaller than natural: at the same time, the patient becomes sensible of a stiffness of the neck, with a roughness and heat in the throat, resembling the sensation produced by the application of pepper. Soon afterwards, a scarlet eruption is thrown out on the skin, first on the face and neck, and then over the whole body and extremities. The back part of the inside of the mouth, the uvula, tonsils, &c. upon inspection, appear red, and a little swelled, and then several spots appear on the parts just mentioned, of a grey or ash colour; the voice becomes particularly hoarse and rough, and the pulse quicker and smaller. As the fever increases, these spots extend themselves, in proportion to the violence of the disease; frequently spreading and running one into the other, with the utmost rapidity, the debility becoming excessive, and a continual discharge of a thin acrid humour taking place from the nose and mouth, corroding both the lips and nostrils. As the disease proceeds, the greyish crusts are discovered to be deep gangrenous sloughs, beneath which the parts are undermined to a vast extent; the breath becomes exceedingly offensive, and the disease soon increases to such a degree,

unless happily opposed by successful means, as to carry off the patient, sometimes, within the third day of the disease.

From this slight sketch, the domestic practitioner must be apprised of the malignity of this disease, and the rapidity of its progress; and he may also be assured, that he will not always be able to distinguish it, at its first attack, even from the inflammatory sore throat, just described: it sometimes requiring a very careful investigation, before the real nature of the disease can be ascertained. A mistake here would not only occasion an omission of the proper remedies, but the employment of such means, as must necessarily very much expedite a fatal termination of the disease. For the evacuations which would be requisite in the cure of the inflammatory sore throat, cannot fail but so to reduce the patient, if employed in this disease, that no subsequent endeavours might be sufficient to save him. The operation of a smart dose of physic would be sometimes sufficient to sink a patient irrecoverably.

The endeavours of the physician will be, to support the strength of the patient, oppose the septic tendency of the whole system, and lessen

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the effects of the acrid matter poured out upon the fauces. In accomplishing these intentions, the physician must depend on the assiduity and zeal of the attendants: if their exertions are not regular and unremitting, his efforts will be in vain. Medicine will prove but of little efficacy, if the animal powers are not supported by proper nourishment: the attendants must, therefore, constantly supply the patient with sago, salop, panada, &c. to which must be added, such wine as may be most agreeable to his palate. Red port made into negus, may be also given freely: ripe acid fruits, and fermenting liquors, as bottled cyder, perry, champagne, &c. should constitute part of the patient's drink. But previously to the swallowing of nutriment, antiseptic gargles and injections should be very sedulously employed, for clearing away the sharp and septic humour from the mouth and throat, to prevent, as much as possible, its being swallowed; since from the escape of it into the alimentary canal, a most troublesome and dangerous diarrhæa frequently occurs towards the close of the complaint. It is impossible to be more explicit here respecting diet, as this must so much depend on the state of the

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patient,

patient, the period of the disease, and the condition of the stomach, as to require it to be particularly pointed out, after a careful consideration of these circumstances.

III The patient should be so placed in his bed, that the discharge may run freely out at the corners of the mouth; great attention must also be paid to the cleanliness of his clothing, and the ventilation of his apartment.

When it falls to the lot of a tender parent, to view the progress of this disease in a darling child, the scene is truly distressing. For too often here, from an ill judged tenderness, the parent will not suffer the ravages of this horrid malady to be checked, from a repugnance to increase his temporary sufferings. It is true, that almost all the means that are indicated, in some measure do this; for in such a state of the fauces, to swallow the most bland fluid substance must give pain, and this must necessarily be excited in a greater degree, by forcing the patient to submit to wash the throat with antiseptic gargles, and to swallow sharp acid liquors, and unpalatable medicines. But for the sake of preventing this misapplication of tenderness, it should be considered, that although for the time

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the pain is augmented, yet in consequence of the symptoms being moderated by this mode of treatment, the quantity of pain must on the whole be thereby much lessened; besides the grand and important end of saving life being also probably answered. And surely, although the principle is so often acted on, no parent will avow a right of risking the life of a child, for the indulgence of his own sympathetic feelings. The reflection, that he has, by his interposition, lessened his sufferings, but, at the same time, hastened, or even occasioned his death, is widely different from the rapturous ideas of him, who, with an almost rent heart, has allowed or even prompted, that to be done, which, painful at the moment to suffer, did, in the end, alleviate the sufferings of his child, and restore him to his cares.

In no disease more than this, is there required so implicit a confidence in the physician, and, of course, so exact a compliance with all his directions; since the most trifling omission may occasion the death of the patient.

THE CROUP, OR QUINSY OF THE TRACHEA OR WINDPIPE.

THE exquisite degree of danger, which always accompanies this disease, the rapidity with which its symptoms proceed, and the probability of its escaping a sufficiently early detection, will induce me to be rather diffuse in its description; hoping, that parents may thereby be enabled to discover it, immediately on its appearance, and be induced to apply for medical aid in the first moments of the disease.

The unfortunate subjects of this malady are, almost always, children under twelve years of age. The attack is, in general, preceded by symptoms resembling those of a common cold; but sometimes it comes on suddenly, beginning with a slight soreness of the throat, a hoarseness, or rather a peculiar ringing sound in speaking, a shrill barking cough, and a remarkable wheezing which accompanies the respiration. Both inspiration and expiration are performed in a much longer time than is natural, and evidently with difficulty; and when the child

coughs,

coughs, which is rather frequent, and in redoubled fits, the face is much swelled and flushed, and the child is violently agitated. At the beginning, the cough produces little or no expectoration. Upon pressing with the finger on the neck, immediately opposite to the windpipe, the uneasiness of the child is evidently increased. There is, in general, little or no difficulty in swallowing, nor any appearance of inflammation upon inspecting the fauces. As the disease increases, the pulse quickens, the heat augments, and an excessive restlessness takes place. This restlessness soon increases to such a degree, that the patient cannot be retained many moments in the same posture; the breathing becomes more and more difficult and laborious, and the peculiar wheezing sound, which accompanies it so increases, as to be heard at a considerable distance. The cough also increases in frequency, and, at the same time, in the violence of its efforts, by which are brought away small quantities of a matter of a purulent appearance, and portions of a white tubular membranous substance. The symptoms continue to increase in violence, until a spasm of the muscles of the parts taking place, the patient is suffocated; the

the disease often completing its course in the space of three or four days and nights.

By the dissections of those who have been destroyed by this disease, the cause of these various symptoms is rendered very evident. A preternatural membrane having been found to line the whole inner surface of the trachea, in some parts adhering to it, and in others a little separated from it; a matter resembling pus appearing to be interposed between the trachea and its morbid covering, and sometimes the preternatural membrane and the above-mentioned pus like matter is found, not only to cover the whole inner surface of the trachea, but even to reach into the bronchia.

On the first appearance of those symptoms which mark the existence of this disease, immediate application should be made for medical assistance, and not a moment should be wasted, before the proposed remedies should be tried.

But since it may sometimes happen, that medical advice cannot be immediately procured, by an attention to the following directions the disease may be checked in its progress, if not entirely removed. As soon as the disease is discovered, from three to six leeches, according

ing to the age and strength of the patient, may be applied to the upper and fore part of the neck, and the bleeding promoted by the application of clothes wrung out of warm water. As soon as the leeches fall off, and before the bleeding has ceased, the patient may be laid between the blankets, and supplied with warm barley water to excite sweating, the front of the neck being covered with a blister. In performing these various operations, so much time must elapse, as to afford a sufficient opportunity of obtaining proper medical attendance; and as the subsequent treatment must depend on the effects produced, by the means which have been already employed, it would not be proper here to proceed in an account of the mode of treatment, which can only be directed by the attending physician.

A deep, hard sounding cough, almost exactly resembling the cough in the croup, sometimes occurs in children, but without any of the other characteristic symptoms of this disease. In these cases, the ordinary demulcent remedies, in general, soon succeed in removing the cough. Dr. Ferriar, of Manchester, observes, that, "the distinctions between this spurious croup and the genuine disease

disease are only to be learned, from much attention to the different cases of the disease; for the sound of the cough is so similar in both, as to inspire even the most experienced with some degree of doubt. I have sat by the child's bedside repeatedly, watching for the moment of danger, while the cough was increasing in violence; and have been only undeceived, by finding that no tremor or palpitation came on towards midnight, that the restlessness abated, and that sleep seemed to become more composed. The spurious disease seems to be unaccompanied with inflammation; but the genuine croup has been clearly proved to be an highly inflammatory disease, by repeated dissections. And here trusting that you will excuse the digression, I will offer a few words, with the hope of lessening the too general repugnance of relatives to the examination of those, who have fallen victims to any ambiguous disease.

Some of the most learned and polished nations have considered the process of opening the body, and embalming it, as a mark of respect, without which the body ought never to be consigned to the tomb. Even at the present moment, in this kingdom, and over a considerable

able part of Europe, this process is deemed so honourable, as to be confined by custom to those only of the most elevated rank. Thus, whilst suffering humanity in vain petitions for such an inspection, as may, perhaps, afford the information which may save the lives and lessen the torments of numbers, pride obtains, with the utmost alacrity, the complete disemboweling of one, who, whilst living, received almost the adoration of a divinity. But, perhaps, the deeply rooted prejudices of sentiment are not likely to be overcome, merely by contrasting them with the silly adoptions of vanity and pride.

At the very point of time in which a beloved object is snatched away, it must be expected, that the mind will indignantly revolt at any measure which does not accord with those nicely attuned feelings, which the revered memory of departed excellence, and the violent grief at the cruel deprivation, necessarily produce. The mind, distractedly alive, is impressed with the utmost horror at the idea of any mutilation or injury to that form, which, by the unalterable laws of nature, must, in a few hours, entirely dissolve away. Imagination paints the spirit of the departed as displeased by this assumed inju-
rious

rious violation of its former residence: but imagination should rather depict a countenance, beaming with kind commiseration and benignity, and expressive of the purest delight at perceiving, that its perishing *exuvia* may be rendered useful, in mitigating the sufferings of surviving relatives. The only hopes which can be entertained of overcoming this repugnance to anatomical examination, founded, as it must be acknowledged to be, on the finest feelings of human nature, is, by an appeal to kindred feelings, to that tender sympathy which disposes its possessor to feel the sufferings of others as his own; and to that benevolence, which induces him to make the most important sacrifices, with the hope, that pain and misery may be averted from others.

Let it then be recollected, that the knowledge of those diseases, which it is in the power of art to relieve, or remove, has chiefly been obtained by anatomical enquiries; and that, in a perseverance in these, must be placed our hopes of obtaining a more accurate knowledge of such diseases, as have hitherto resisted the powers of medicine. He who now, from an improper indulgence of his tenderness, refuses to permit
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the required examination, may experience the mortification of suffering himself, or of witnessing the sufferings of another part of the family, from a similar malady; when, perhaps, by the proposed enquiry, that intelligence might have been gained, by which the disease might now have been removed. The acknowledged hereditary disposition to similar diseases, in children of the same family, is a circumstance which cannot be reflected on, without confirming the propriety of what has been just remarked.

The disease, of which we are now again to speak, affords a strong instance of the advantages which proceed from anatomical investigations, in ambiguous cases. The real nature of this disease, and, of course, the proper means of treating it, have only been known of late years; the discovery being the consequence of observing the appearances of the parts after death.

For the purpose of preventing this dreadful disease, besides attending to the general rules already given for the prevention of inflammation, great care should be taken, that children should not be exposed to extremely cold air,

for any considerable time. With the hope of rendering children hardy and robust, they are sent out, in the arms of their nurses, during the most severe cold weather, for hours together, and, too commonly, not sufficiently clad. The poor infant, at the first exposure, declares, by its cries, the uneasiness it suffers; but after a little time, overcome by the severity of the cold, it falls fast asleep.* In this state, with their

* From the sound sleep in which children are seen who are thus exposed, it may be imagined, that the cold is no more than they can bear, without a chance of injury. But that this sleep itself may be the consequence of the excessive cold, appears to be very probable, upon recollecting the effects of cold, as described in the first voyage of Capt. Cooké for making discoveries in the southern hemisphere. During their stay at *Terra del Fuego*, Mr. Banks, and Dr. Solander, with a party composed of draughtsmen, &c. had made an excursion into the interior of the country. It being eight in the evening, the blasts of wind very piercing, and the snow falling thick, they were passing through a swamp, towards a wood, in the covert of which they proposed building a hut, and kindling a fire, to defend themselves from the severity of the weather. Dr. Solander having often passed over mountains in cold countries, was sensible, that extreme cold, when joined with fatigue, occasions a drowsiness that

their extremities so chilled as to be of a dark
brimston hue, may children be seen every winter,
in all the public walks round the metropolis.

On that is not easily resisted: he therefore intreated his
friends to keep in motion, however disagreeable it might
be to them. His words were—Whoever sits down, will
sleep; and whoever sleeps, will wake no more.—Every
one seemed accordingly armed with resolution; but, on
a sudden, the cold became so intense, as to threaten the
most dreadful effects. It was now very remarkable, that
the doctor himself, who had so forcibly admonished and
alarmed his party, was the first that insisted to be suffered
to repose. In spite of the most earnest intreaties of his
friends, he lay down amidst the snow; and it was with
difficulty they kept him awake. One of the black ser-
vants also became weak and faint, and was on the point
of following this bad example. A party was therefore
detached, to make a fire at the first commodious spot they
could find. Mr. Banks and four more remained with
the Doctor and Richmond the black, who with the
utmost difficulty were persuaded to come on; and when
they had traversed the greatest part of the swamp, they
expressed their inability of going any farther. When
the black was told, that if he remained there he would
soon be frozen to death, his reply was, that he was so
much exhausted with fatigue, that death would be a relief
to him. Dr. Solander said, he was not unwilling to go,
but that he must first take some sleep; still persisting in

On their return home, the chilled appearance of their arms and legs excites the attention and the exertions of their parents or nurses, who immediately laying them on their knees, chase them before the fire, until the parts have acquired a considerable degree of warmth. The danger of this sudden transition from one extreme of temperature to another, has been already remarked: I shall only, therefore, observe here, that by such improper management, this disease, or inflammation of the lungs, is very likely to be induced.

This exposure of infants to extreme cold, is not defensible on any hypothesis; and so far from being calculated to render them hardy, it is more probable, that, by thus occasioning diseases, it will render them tender and weakly.

acting contrary to the opinion which he had himself delivered to the company. Thus resolved, they both sat down, supported by some bushes, and in a short time fell asleep. Intelligence now came from the advanced party, that a fire was kindled about a quarter of a mile farther on the way. Mr. Banks then awakened the Doctor; who had already almost lost the use of his limbs, though it was but a few minutes since he sat down; nevertheless he consented to go on, but every measure taken to relieve the black proved ineffectual.

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The parents of children who reside in cities, struck with the appearances of strong health, which sometimes mark the countenances of little cottagers, who, almost unprotected by clothing, brave the coldest and most inclement seasons, flatter themselves, that, by similar exposure, they shall obtain for their children an exemption from disease. But this expectation is the result of a very erroneous calculation. The vast number of little victims, who fall by various diseases, the consequences of this exposure to every inclemency of season, is not reckoned; and the poor invalids, whom disease or weakness, produced by the same cause, keeps within doors, are unknown to the passenger, who makes his estimate only from those few who have hitherto escaped, notwithstanding the miseries to which they have been exposed. That those who thus escape, may originally have been of the most strong constitutions, is reasonable to suppose; they are therefore, of course, children of such an appearance, as will be most likely to excite a favourable opinion of their mode of being reared.

If this statement were not true, and, on the contrary, if the children of rustics bore this exposure to extreme cold without injury, still

this would not authorise that exposure which I have here made a subject of reprehension. To prove this, let it be considered, that the exposure of the children of the poor is regular and uniform, their lodging is generally so wretched, that the difference of temperature between the external air and that of their hovel is seldom very considerable; and that they are, therefore, but little exposed to sudden and considerable changes of temperature. But it is very different with those children, whose cause I am wishing to plead, who dwell chiefly in apartments, from which the cold air is excluded as much as possible, and which are also heated by large fires. These children must be generally in such a state, that the sudden exposure to cold may be very likely to occasion the most serious consequences.

Another circumstance which may probably occasion this disease, and which, therefore, ought to be carefully prevented, is exertion of the voice by hollowing, screaming, &c. In two of the cases I have witnessed, the disease seemed to have been thus produced. In the one case, a child, three years old, whose legs had been scalded by boiling water, had screamed incessantly,

cessantly, and with the utmost violence, for five or six hours; and was seized, the following night, with this disease, of which it died. In the other case, a boy about seven years of age, had been celebrating, in a procession, the day of quitting school for vacation, and had, according to a very silly custom, been engaged with his schoolfellows in huzzaing, almost during the whole time, with his utmost exertion. He was attacked the same evening with this disease, and was, the next day, evidently in a considerable degree of danger; but happily recovered, in consequence of being freely bled, blistered, &c.

QUINSY OF THE PAROTID GLAND,

OR

THE MUMPS.

THIS disease is distinguished by a considerable swelling, which arises very rapidly, in general, on each side of the neck, becoming large, and sometimes painful: the swelling increases for

three or four days, when it begins to decline, and in a few days entirely disappears. It frequently happens, that, as the swelling of the neck subsides, the testicles of the male, and the breasts of the female, are affected with hard and painful tumours. A slight fever is observable through the whole progress of this disease, which goes off, in general, as the swelling declines.

This disease, in common, requires but little medical assistance; it being generally sufficient, that the patient keeps himself in the house, with a moderately warm covering round the neck; that he drinks freely of warm diluting liquors; and preserves the bowels rather in a relaxed state, by the occasional use of gentle laxatives.

Dr. Cullen observes, that "sometimes, when the swelling of the testicles does not succeed to that of the fauces, or when the one or the other has been suddenly repressed, the pyrexia, or fever, becomes more considerable, is often attended with delirium, and has sometimes proved fatal." Instances of this kind are, indeed, not very frequent; but this observation ought to excite a considerable degree of vigilance,

vigilance, as the increase of fever may demand the most vigorous exertions.

This circumstance will also serve to evince the danger of confiding in domestic practice, even in a disease apparently trifling; since, in this case, the danger may become very considerable, before it is detected.

INFLAMMATION OF THE EAR.

THERE frequently occurs, in the progress of the foregoing disease, a painful affection of the ear, which causes much trouble to the patient. This is generally occasioned by inflammation in the cavity of the ear, and may be produced independent of this disease, by exposure to cold, &c. In slight cases, this affection may be removed by a little warm oil of almonds dropped into the ear, with the application of a warm bread and milk poultice, or a bag of camomile flowers, which have been infused in boiling water, and which should be applied as warm as possible.

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But, should it not soon give way to these means, it will be necessary to obtain proper chiturgical advice, lest suppuration should take place, and be succeeded by a total loss of hearing in the ear which is affected.

TOOTH-ACH.

THE term *tooth-ach*, is, indeed, only expressive of pain of the tooth; which may be produced by almost all the various diseases to which the teeth are subject. In other words, it is only the name of a symptom of some disease with which the tooth is affected. The common acceptance of the term, as the name of a disease itself, is productive of very erroneous practice, among the professors of domestic medicine; a considerable number of contrary means swelling their catalogue of specifics, for the cure of this symptom; whilst the actual disease, and the cause on which this symptom depends, are unheeded.

Tooth-ach is, generally, a symptom of a *Caries* of the tooth; or of such a disease of the

the tooth, as will, if not cured, terminate in Caries. It sometimes occurs in consequence of the teeth being affected by scurvy, and sometimes it follows the use of mercury. It may also be occasioned by acrid matters applied to a tooth already diseased, or it may proceed from a rheumatic affection. The disease from which it proceeds may exist in the body of the tooth, or in that part, termed its roots; the seat of the disease, which may be described as tooth-ach, may be, even in the *os alveolare*, a cavity in the bone of the upper jaw.

The applications, which, in general, are had recourse to on these various occasions, are ardent spirits, essential oils, and various other medicines possessing considerable caustic power. Sometimes, with the expectation of destroying the nerve, *aqua fortis* is dropped in the tooth. The mischiefs which result from such applications to parts which are in the highest state of irritability and inflammation, are often of a very serious nature.

From the enumeration I just now made of a few of the many causes, from which this very painful disease may proceed, it must appear very obvious, that the general mode of proceeding
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of those who suffer from it, is in the highest degree improper. When the pain becomes difficult to bear, recourse is had to a variety of applications; external and internal; which, being selected without judgement, seldom produce any beneficial effects; but most commonly, in consequence of their being highly stimulant, or even escharotic, the sufferings of the patient are increased, the disease augmented, and the tooth often irreparably injured. Should these means fail, which, as may be supposed, is generally the case, application is made to some neighbouring tooth-drawer, and the marked, though perhaps sound, tooth, is removed without any further enquiry.

The general state of the system, the predisposing, as well as the exciting cause, and the real nature of the disease, should be carefully enquired into. If this be done by an intelligent professional character, the patient may not only obtain present relief; but, by the disease being speedily removed, future pain and decay of the tooth may be also prevented.

To give advice sufficient to enable domestic practitioners to treat, with propriety, all the different cases of this disease, is impossible.

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To provide them with such a mode of treating tooth-ach, at its commencement, as will not only be generally safe, but as will also be likely to render farther assistance unnecessary, is all that can be here attempted.

Should a tooth, which, on examination, appears to be perfectly sound, be affected with excessive pain; it will be proper, as soon as possible, to put the feet and legs into warm water, in which they may remain about a quarter of an hour. After this, the patient should go into bed, securing on the pained side of the face, a piece of doubled flannel, wetted with any spirits, made warm, by being held in a saucer over the flame of a candle: he should also drink freely of warm barley-water, or of any other diluting drink; and endeavour to excite perspiration, as speedily as possible, by breathing under the bed-clothes, &c. Should the pain still continue, leeches may be applied externally, near the angle of the jaw, and, a blister also may be applied behind the ear.

If the tooth is considerably decayed, a dossil of lint dipped in the tincture of opium, or a small pill of the opium pill of the shops, may be introduced into the cavity, and occasionally renewed.

renewed. If this simple, but frequently efficacious, plan should fail, application must be made to some surgeon, or skillful dentist, only to be done after farther assistance unnecessary to all that can be here attempted.

TEETHING.

It was originally my intention to have allotted one part of this work, entirely to the diseases of children, and to observations respecting their clothing, diet, &c. But, on considering how fully and ably their diseases have been treated by Dr. Underwood, and that Dr. Buchan has announced his intention of publishing an essay, *On the Duties and Office of a Mother*, (a work which, from the attention the Doctor has paid to this subject, cannot fail to be in the highest degree useful,) I resolved only to intersperse such detached observations, on the diseases of children, as appeared likely to be most particularly interesting. The mischiefs which arise from dentition being, most probably the consequence of the inflammation of the membrane investing the teeth, this appeared

peared to be the most appropriate place for the introduction of these remarks on teething.

The complaints occasioned by dentition are numerous, and frequently highly dangerous; feverish complaints, and inflammation of the lungs, and of other important parts, frequently arising from this cause. The two front teeth, in the lower jaw, are those which usually first appear; and this, seldom before the fourth, or after the tenth, month. The two opposite ones in the upper jaw next appear; and the remainder in irregular succession.

The symptoms of dentition are, swelling, redness, and spreading of the gums; flushings of the cheeks, and flavering from the mouth. Sometimes eruptions appear on various parts of the skin, and generally the bowels are disordered, and the stools increased in number. The child is employed, almost constantly, in endeavouring to mitigate his pain, by biting any substance he can thrust in his mouth. The urine suffers various changes, sometimes coming away quite pale, and at other times high coloured; and depositing, sometimes a thick white, and at other times a reddish sediment.

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The symptoms already described, are those which occur in cases of easy dentition; but with difficult and painful dentition, symptoms arise which are not only dangerous, but are often such as the experienced only can trace to their real cause. Such are, various spasmodic affections, violent convulsive fits, cough, shortness of breathing, and acute fever.

When the first described set of symptoms begin to appear, care should be taken, that the child's bowels are kept rather open, and that his food be rather lightened, both in quantity and quality. Exposure to the air should be continued, nearly as much as in perfect health; but the skin should be guarded from the effects of much cold. But should any of the latter-mentioned symptoms appear, a free incision should be made down to the tooth, which is painfully wounding and distending, not merely the gum, but the irritable membrane which immediately invests the teeth until their protrusion.

Far is it from my expectation, that I should be able to add a single argument to those which have been already employed by others, for the purpose of procuring a more ready submission to this safe, useful, and often absolutely necessary, operation.

operation. Induced, however, by the hope, that I may chance to place the circumstances in a different, and perhaps stronger light, I will just call your attention to the state of the parts, and to the actual effects of the operation. I will then leave it to you to determine, not merely whether, having it in our power to remove them, the actual torments of the child ought to be permitted, because the parent shall not be teized with sentimental and sympathetic feelings for the fancied sufferings of his child, under an operation absolutely not so painful as the scratch of a pin. No! the question on which you shall be called to decide, is one of a much more serious nature.

When the teeth have acquired that size and form which nature intended, they are pushed forward, distending the membrane which invests them, which, with the gums, become inflamed and very sensible. In cases of easy dentition, these however soon yield, and the teeth are protruded without much difficulty. But in cases where the cutting of the teeth is much protracted, the inflammation and the sensibility of the gums, and of the membrane investing the tooth, are very considerable, and, in this state

of extreme tenderness, become highly stretched over the sharp points of the subjacent teeth, necessarily producing exquisite pain, which is sufficiently manifested by the frequent shrieks, and almost constant cries of the poor child. If these distressful appeals for help fail of exciting the parents to the adoption of efficacious means of relief, fever, convulsions, and death, soon ensue. But if attending to the plain language of nature, they permit the painfully stretched parts to be entirely divided, the inflamed gums and membrane immediately recede, the inflammation goes off, the pain ceases, and the tooth sometimes immediately protrudes.

Now say, in those cases where this operation is so directly demanded, as the price of the life of a child, can a parent withhold it without subjecting himself to the charge of — ? But much more guilty are those, who actually entice the unhappy mother to devote her child to the sufferings I have just described, and even to death itself, by occasioning her reliance on means totally incapable of yielding the smallest relief. Such are the various forms of pack-laces, by which these persons pretend, that

the speedy and easy cutting of the teeth will certainly be obtained. So little pain is occasioned by placing the gum over the distending tooth, and such immediate relief is often derived from it, that it frequently happens, that a child, who, the moment before, appeared to be in great agony, will bestow a grateful smile, and instant the incision is made; and if, as sometimes happens, the gum grows again over the tooth, will not only cheerfully submit to the operation, but even appear to solicit it.

I have been more earnest in urging parents to permit this little operation, fearing that the assertion of Dr. Buchan, that "With regard to cutting the gums, we have seldom known it of any great benefit," may have, not a little, kept up that repugnance in parents to the operation, with which medical men so often have to combat. Against this assertion I am unwilling to oppose my own opinion alone, and shall therefore offer to your notice the declarations of one, whose authority, in this instance, is not likely to be disputed. "I am convinced from experience, that this little operation is often inexpressibly useful, and appears to have saved

many lives, after the most dangerous symptoms had taken place, and every other means of cure had been made use of. — I have seen the like good effects from it, when children have been cutting a number of teeth in succession, and have bred them all with convulsions: nothing having relieved or prevented these terrible symptoms, but lancing the gums, which has removed them every time it has been done, one or more teeth appearing a day or two after each operation.* Similar remarks have been made by Mr. John Hunter.

Dr. Buchan farther says, "In obstinate cases, however, it ought to be tried. It may be performed by the finger-nail, the edge of a sixpenny piece that is worn thin, or any sharp body which can be with safety introduced into the mouth; but the lancet, in a skilful hand, is certainly the most proper."

The concession, that in *obstinate cases* it ought to be tried, will, I suspect, have but little power in overcoming the aversion to the operation; when it is considered, that the

* Treatise on the Diseases of Children, by Dr. Underwood, vol. i. p. 328.

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immediately preceding sentence contains the assertion, that *it has seldom been known to be of any great benefit.*

The mode in which Dr. Buchan says it may be performed is in every respect objectionable; but particularly on account of its inefficacy, and of its inducing parents to rest satisfied with the operation so imperfectly performed, as not to afford the child a probability of relief. Dr. Underwood observes, "When it is found necessary to lance the gums, it should always be done effectually, with a proper gum lancet, and not with a needle, a thin six pence, or such like instrument, which will not sufficiently divide the gum, nor the strong membrane that covers the teeth."*

Besides lancing the gums, other remedies will be required; but as these must be adapted to the different symptoms which arise, it is hardly possible to point them out here.

Soreness and slight ulcerations behind the ears, frequently occur to children, during the time of dentition; and will even continue, for some time, not only without injury, but even

* Treatise on the Diseases of Children, vol. i. p. 227.

with advantage to the child. In such cases, little more is required, than to keep the bowels in a regular state, to keep the sores clean, and covered with a fold of lint, which has been made to imbibe a very small quantity of oil of almonds. Sometimes these ulcerations will be covered with gangrenous sloughs, and will spread into deep sores, extending to the sides of the neck. Here, it will be sufficient to say, that the disagreeable scars, which are sometimes left by these sores, render the complaint sufficiently serious, to require the greatest judgment in prescribing the appropriate external, as well as internal remedies; and therefore ought never to be trusted to the entire management of a nurse.

PNEUMONIC INFLAMMATION, OR INFLAMMATION OF THE LUNGS.

INFLAMMATION of the membrane which is spread over the cavity of the chest, and on the
viscera

viscera it contains, is discovered by pain in the affected part, difficulty of breathing, cough, and fever.

Whether the inflammation possesses any of the *viscera* themselves, or the membrane which invests them and the whole surface of the cavity, is very difficult to be ascertained. This, however, is not of much consequence; since the mode of treatment, at least, in the commencement of the attack, would, in each of these cases, be very little different from each other.

In general, the disease commences with shivering, to which considerable heat succeeds: the pain coming on and increasing with the heat. In some cases, the fever will exist for some hours, before the pain and difficulty of breathing become very troublesome; and sometimes the pain and difficulty of breathing will be very considerable, although little or no alteration in the state of the pulse, or the temperature of the body, takes place.

From this circumstance arises a very considerable degree of ambiguity, which will demand, even from those who are accustomed to watch the rise and progress of disease, the most careful investigation; and must undoubtedly render it

utterly unsafe to trust to the judgement of the unexperienced.

It is very evident, that the seat of the inflammation, and consequently of the pain, may vary in different cases; sometimes occupying the middle part of the chest, beneath the breast bone, extending to the back between the shoulders. In these cases, the seat of the disease is, most probably, in the mediastinum, which makes the division between the two sides of the chest.

Sometimes the pain extends from the pit of the stomach, all round the body. The diaphragm, in this case, may be supposed to be inflamed.

When with fever, there exists a pain in the region of the heart, great anxiety, difficulty of breathing, cough, irregular pulse, palpitation, and fainting, the inflammation may be supposed to possess the heart itself, or surrounding membrane.

Pleurisy, as it is generally, and not improperly, termed, is the most common form, in which this disease makes its attack. An excessively sharp and pungent pain, in this case, seizes the side, between the sixth and seventh rib,

rib; and is, in most cases, either accompanied, or succeeded, by a considerable degree of fever, and a full, hard, and quick pulse; the urine being also, at the same time, exceedingly high coloured. The pain, commonly, is not confined to one spot, but darts from the side towards the breast bone, or back; and sometimes extends itself, with a particularly distressing aching pain, towards the collar bone.

Those who are of a robust habit, and of a florid complexion, are most disposed to attacks of this disease. Males, from their greater strength of fibre, and from their being more exposed to the exciting causes, are more subject to this malady than females. Young persons are more liable to it than the aged: and those who indulge much in eating, particularly of animal food; as well as those who have suffered a suppression of some habitual discharge, by having a fulness of blood produced, frequently suffer from it.

The exciting causes of this disease may be, full meals of viscid and stimulating substances, such as smoked and salted meats, joined with spiceries; drinking freely of fermented or spirituous liquors, violent and long continued exercise,

ercise, exposure to damp and cold air, when the body has been previously heated; and the sudden transition from extreme cold to heat.

The terminations of this disease, like other inflammations, may be, by resolution, suppuration, or gangrene; besides which, it has a termination peculiar to inflammation of the lungs, which is, an effusion of blood into their cellular substance, which interrupting the circulation of the blood and respiration, soon produces suffocation; an exudation on the surface of the pleura, has been found, by dissection, frequently to have taken place.

For the cure of this disease, large evacuations are required: that which is particularly beneficial, is the taking away of blood in a considerable quantity, and from a large orifice, from the arm, and even, in some cases, leeches or scarifications may be used, for the purpose of topical bleeding.

Instead of proceeding to detail particularly the mode of cure in a disease, in which the consequences of failure are so truly dreadful, and in the treatment of which so much knowledge and discernment are required; I will offer a few words of advice, suggested by the
mention

mention of the first measure necessary to be adopted in the endeavour to obtain a cure. Bleeding, it has been remarked, is necessary in this disease; and frequently is this indicated to such an extent, as to excite alarm among the friends of the sick, who will too frequently remonstrate against what they will term, a farther waste of blood. Let the consequence of this conduct be considered. The physician must either persist in obtaining a compliance with his prescription, and submit to all the consequences of scandal and misrepresentation, in case of a fatal termination; or, prompted by too much tenderness for his character and reputation, he may concede to the fears of the patient's friends, and that which was necessary to the patient will be omitted. As a physician, it may be said, would never give up a point, on which the life of his patient depended, nor fear injury can result from this opposition. But surely it will be allowed, that the man must possess a considerable share of fortitude, who will persist in demanding an exact compliance, in a case which, if all be done that art can do, may terminate in the death of the patient; and where the friends of the sick say, but in other terms,

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What you insist on shall be adopted; but if the patient die, you must expect all the obloquy that can be heaped upon you. In no disease is a strict abstinence more necessary, than in this; since, in proportion to the nourishment taken in, will be the increase of the blood, and consequently of the disease. Nothing but watery drinks, as toast and water, barley-water, pectoral drink, bread-tea, &c. rendered pleasant by the addition of the mildest vegetable acids, ought to be allowed, until the violence of the disease is subdued; nor then should the lighter kinds of nourishment, as panada, &c. be allowed, but in the most cautious manner. The drinks may be taken frequently, but in small quantities at a time, and never entirely cold.

If the disease is not removed by the first attempts, especially if two or three days of its duration have elapsed, symptoms, so ambiguous in their appearances, occur, as to require the greatest nicety in determining to what the indications point. Frequently it will be found necessary to repeat the bleedings several times, and that even in the first hours of the disease: but sometimes, when the urgency of some of the
symp-

symptoms may seem to indicate this repetition; other circumstances may occur, which may take away from the clearness of the indication, and even seem to contradict it. Sometimes this disease terminates by expectoration, with respect to which much judgement is necessary; since, where this proves to be the case, the future safety of the patient will depend upon properly encouraging and regulating this discharge. Sweating, although sometimes recommended, as proper to be promoted very early in the disease, yet we are taught, by a very great authority, that it ought not to be excited by art, unless with much caution. Much nicety is required also in the management of the cough, which often, by its severity, very much distresses the patient, often occasioning a considerable aggravation of the pain, and want of sleep. The exhibition of opiates will mitigate this troublesome symptom; but it ought also to be known, that given in certain stages of the disease, and without certain cautions, they will not only impede the cure, but prove injurious in a very high degree.

Convinced of the difficulty in conducting this disease to a cure by any but professional men,

men, I have intentionally avoided the task of directing the management of the disease through its whole progress. In consequence of that ambiguity, in which, it has been before observed, the symptoms are often involved, little benefit could arise, in a work of this kind, from the enumeration of the various remedies which different circumstances require; since even the existence of these particular circumstances is not always discoverable, at least by domestic practitioners. An error in the treatment of

* Dr. Buchan, after enumerating the remedies proper in this disease, says, "We have mentioned different things, on purpose that people may have it in their power to choose; and likewise, that when one cannot be obtained, they may make use of another. Different medicines are no doubt necessary in the different periods of a disorder; and where one fails of success, or disagrees with the patient, it will be proper to try another." But in a disease so dangerous in its nature, the vague and desultory practice of domestic medicine must be very hazardous. For, as is well observed by Dr. Duplanit, who has translated Dr. Buchan's Domestic Medicine into French, and has added to it some excellent notes, in his observations on this passage of Dr. Buchan's, "Cependant, nous ne pouvons disconvenir que quelque simple que soit cette marche, elle demande

this disease might be succeeded by the most fatal consequences; since, if the patient should escape sudden suffocation, from an extravasation of blood in the cellular substance of the lungs, it is yet to be feared, lest suppuration should take place, and the unhappy patient suffer the lingering miseries of an incurable consumption.

One observation more must be made, whilst on this subject, since there is not a doubt, that an attention to it may occasion the saving of many lives. It is to be remarked, in the history of this disease, that in some cases very little change is perceptible in the state of the pulse, or the temperature of the body; and that the pain also may be but inconsiderable, giving

une attention dont tout le monde n'est pas capable, on a donc raison de dire que si la regime est susceptible d'être administré par tous les hommes, les remèdes ne doivent l'être que par les personnes les plus prudentes & les plus éclairées. — "Nevertheless, we cannot deny that however plain this path may be, yet it requires such attention as every one is not capable of giving. It may therefore with propriety be said, that although the diet may be administered by any one, yet medicines should not be prescribed by any but the most cautious and well informed."

an idea to the patient, rather of oppression than of pain; so that, excepting the difficulty of breathing, which may be referred to many other causes, the patient will have few or no marks, by which he can be led to suspect the nature of his complaint, and the danger of his situation, until he is out of the reach of help. It too frequently happens, that physicians are called to the assistance of those, who will say, that having experienced little or no inconvenience, excepting a little difficulty in breathing, they had waited with the hope of its going off without any medical aid; and too often it is found, that the insidious disease has, in that time, injured the constitution irreparably.

In every case, where the breathing becomes changed from its natural state, without any evident cause, a morbid change of the lungs may be reasonably suspected; and as this can never happen without endangering the life of the patient, the best advice should be obtained, and as early as possible.

Great care must be taken, after recovery from this disease, that a relapse is not produced: the sparest diet should therefore be used, the inclemencies of the weather carefully guarded against,

against, moderate exercise employed, and the chest protected from the action of cold, by constantly wearing a flannel waistcoat next the skin. All those circumstances described as causes of this disease should be carefully avoided.

INFLAMMATION OF THE LUNGS IN CHILDREN:

The present section is written with the eager hope of calling the attention of parents to the first appearance of inflammation of the lungs in children, since its first attack is, in general, made in so insidious a manner, that little or no alarm is excited; and the ravages of the disease are permitted, until they exceed all probability of restraint. Indeed, the number of children lost by neglecting to oppose this malady on its first appearance, must very far exceed the conjecture of any one who has not had the opportunity of witnessing the many deaths from this cause.

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The first symptom discoverable in children, is, in general, a slight degree of feverish heat, which, in the course of a few hours, increases, and is soon accompanied by a quickness of the breathing. This, however, is often hardly observable, requiring, even from those who are accustomed to witness this disease, very nice attention to determine, whether the respiration is morbidly increased or not. If the disease still eludes the attention, and proceeds in its course, the heat increases, a short, dry, hard, cough comes on, and the respiration is not only more quickened, and becomes more laborious, but is performed with a rough whizzing sound. The child is now in a considerable degree of danger; but if, warned by this last symptom, immediate assistance be obtained, it may probably yet be saved. Should this strong notice of danger pass unheeded, and the means of relief be longer deferred, every exertion may be made in vain, and the child, after the severest struggles, die in the course of a few more hours; or gradually fall into one of the most distressing states which a parent can witness—a gradual decline.

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Quickness of breathing, tight cough, and heat of the skin, in children, should therefore be always regarded as symptoms demanding immediate investigation. Since, although they may sometimes occur without danger, they most frequently will be found to mark the existence of this alarming malady:

When, therefore, these symptoms are met with, under the circumstances above mentioned, the disease appearing to be manifest, and proper advice cannot be directly obtained, a leech or two, according to the age and strength of the child, should be put on the fore part of the chest; the child should then be immersed in a warm bath, up to the middle, or even to the arm-pits, from ten minutes to a quarter of an hour; and then wiped dry, wrapped in a blanket, and placed in bed; a blister should be applied to the chest, cloths should be properly disposed to absorb the blood, which it is to be hoped will continue to flow, and frequent warm sippings, such as milk and water, barley-water, &c. supplied, so as to produce a copious flow of perspiration. Generally, if these means be adopted, at this stage of the disease, the breathing will, in an hour or two, diminish in fre-

quency; and, in about ten or twelve hours, easy, natural respiration will return.

I have purposely avoided mentioning the employment of medicine, in these cases, since though these may be serviceable in the highest degree, when administered with a due attention to every circumstance; yet, as it would be impossible to deliver satisfactory rules for their exhibition, in all the cases likely to happen, I have thought it right their use should be deferred, until due advice can be obtained. I must, however, add a word or two more respecting some of the means already specified, to prevent any error in their employment, by which we might be deprived of the advantages we expected from them. Much care is necessary, that the water of the warm bath should be nicely adjusted in its temperature; by its effects being first tried on the usually discovered part of the arm of the parent or nurse: employing it only of such a degree of heat, as may be thus borne pleasantly. On the one hand, should it be of a lower temperature than this, a sudden chill would pervade the system, and every symptom be immediately aggravated. So, on the other hand; if, deceived by the heat of the
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water, having been only tried by the hand, or by that part of the arm which, by constant exposure, has become insensible to small variations of heat and cold; and not imputing the cries of the child to their real cause, the too great heat of the water, the child be kept in water of too high a temperature, it will come out of the water with the fever and other symptoms considerably augmented, and instead of perspiration succeeding, the skin will become more parched than ever, and inflammation will be urged on with irresistible rapidity. In one instance, of which I have been credibly informed, a child was actually so scalded, by want of due attention in this process, that blisters arose in several parts of the body, during the few hours the child survived.

Some caution is also necessary, in the application of the blister to the stomach; since, if so placed, that the blood, proceeding from the wound made by the leech, be allowed to insinuate between it and the skin, it will be found, when, perhaps, it is too late for its removal, that it has entirely failed, a coagulum of blood having completely defended the skin from its action.

It does not unfrequently happen, that parents, though warned of the danger which awaits a child; and repeatedly advised to adopt the proposed remedies, will not allow themselves to be convinced of the necessity of employing such violent means, as they will term them, for the removal of what they will also term, a trifling ailment.

It will, by many, be hardly credited, that from the circumstance of deferring to send for medical aid until towards the evening, the lives of many children are lost. The child appears rather unwell in the morning, the breathing becomes short in the course of the day, the feverishness and cough also increasing; and at the arrival of evening, fearing a disturbed night, the family apothecary is sent for, to provide a little draught to ensure a good night's rest. Struck with the dangerous situation of the child, he endeavours to communicate his just fears and anxiety to the parents; but, however surprising it may appear, his admonitions will often be listened to with incredulity, and even with unjust suspicion. It appears to the parents, that too much is about to be done; the plan proposed, they observe, is very inconvenient,

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especially at that time of the evening. They therefore either plainly say, they shall wait till morning; or they promise to employ the means, and afterwards change their minds; so that, when visited in the morning, the child is perhaps found so much worse, as to render the probability of success, from even the most appropriate means, very doubtful. It is not in this disease alone; that this fatal obstinacy of parents is found: every apothecary must have repeatedly met with it, in those diseases, in which the symptoms are not of such a nature as to alarm the ignorant, and where the curative means are attended with any trouble, out of the ordinary way; especially, too, if application for advice is deferred until the evening; which, putting all consideration of the ease or comfort of medical men out of the question, and considering only the benefit of the patient, and the convenience of those around him, ought never to be done.

PULMONARY CONSUMPTION,

OR

ULCER OF THE LUNGS.

THE characteristics of this disease are, hectic fever, cough, and a spitting, chiefly composed of matter.

A consumption may succeed to catarrh, asthma, inflammation of the lungs, and spitting of blood: it may also proceed from tubercles formed in the lungs. Sometimes it is induced by a general affection of the system: most frequently it is accompanied by a scrophulous habit; and sometimes it is a consequence of the venereal disease, the measles, or the small-pox.

Those artificers who inhale great quantities of dust from the bodies which are the subjects of their operations, such as leather-dressers, flax-dressers, &c, are said to be particularly liable to this malady. The persons most disposed to this disease are those of a fair complexion, florid cheeks, slender make, nar-

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row chest, prominent shoulders, and a long neck.

The first appearance of the disease will vary in different cases; this variety depending, in a great measure, on the nature of the preceding disease. The most constant symptom, however, is a cough, by which phlegm is frequently thrown up: this phlegm becomes, by degrees, more thick and opaque, resembling matter; of which, at length, it becomes almost entirely composed. The breathing is, in general, from the first, short and laborious; and accompanied with a tightness across the chest, as though the chest was confined with a cord. Sometimes painful stitches are felt in various parts of the chest; and, almost in every case, the patient's breathing is rendered worse by laying down in bed. It frequently also is observed, that much greater inconvenience is experienced by laying on one side, than on the other. The cheeks are often flushed, and a heat is felt in the palms of the hands and soles of the feet, which increases as the evening comes on. After a little time, this heat becomes more diffused, affecting the whole system with febrile symptoms; these generally come on about the middle of the day,
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being commonly preceded by a slight rigor or chilliness; and, after continuing two or three hours, subside, but return as the evening advances. The heat and thirst then becomes excessive, the breathing is quicker and more laborious, the cough more frequent and dry, and the discharge of phlegm lessens, as the heat increases. In this restless and distressed state, the patient passes his nights. As the morning appears, a profuse sweat generally comes on, which, after continuing an hour or two, gradually goes off, leaving the patient in a very languid state.

The disease, in some cases, will remain nearly in the same state, for several weeks, or even months; the symptoms, all this time, increasing very slowly, and the patient alternating between hope and despair, the former, however, in general preponderating. In other cases, the disease proceeds more rapidly, the spit increasing very much, and becoming of a thicker consistence, and mostly of a yellow colour. As the disease becomes more inveterate, the spit acquires a greenish hue, the fever increases, and the sweats become exceedingly profuse. The patient is, at this period of the disease,

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considerably wasted, his nails curved inwards, his feet and legs swollen, his countenance ghastly, the eyes appearing to be sunk in their sockets, the jaw-bones appearing more elevated than natural, and a crimson glow frequently appearing on the cheeks. In this state the patient does not continue long, before apthous ulcers in the throat and mouth, or a frequent colliquative purging, shews, that the fatal termination of the disease is near at hand.

No period of life, from childhood to old age itself, is exempt from this disease; but the most frequent subjects of it are, the young and the middle aged.

The treatment of this disease must, even at its commencement, differ very much in different cases: this variety of treatment chiefly depending on the nature of the preceding, or accompanying disease. Besides this, it is obvious, that a difference in the treatment must be required, according to the period of the disease at which the cure is attempted. To obtain benefit from medicine, in this disease, much judgement is required to be exerted; since very evil consequences may follow the use of a medicine at one period of the disease, which, if
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used at another, might prove of the greatest benefit. On the part of the patient, is required the strictest regularity, and most earnest perseverance; since the best calculated means can have but little chance of effecting any considerably beneficial change, unless persevered in for a considerable time.

From medicines alone, there is, however, but very little to be hoped for, in this disease; their effects must be seconded by a strict attention to various circumstances, in the patient's mode of living; such as his diet, exercise, clothing, &c. Of such importance, in the cure of this disease, is a careful attention to these circumstances, that the probability of recovery would be much greater, in trusting entirely to a due regulation of these, than to medicine alone.

As medicine can only be trusted to, in this disease, when in the hands of medical men, and as a proper regimen, is essential to the cure, and depends so much on the patient himself, and his attendants, I shall dwell more fully on this article.

The diet should be composed of such things as are sufficiently nourishing; and as are likely,
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by their mild and antiseptic nature, to correct any prevailing acrimony, and diminish the disposition to inflammation. The loss of flesh, and the extreme languor which generally takes place, too frequently induce the friends of the sick, with the hope of recruiting his impaired vigour, and wasted habit, to supply him with food of the most highly nourishing kind, with wine, and even spirituous liquors; and this, especially, when long indulged habits render the demands of the patient importunate. But as these cases are very rare indeed, where these indulgences will not aggravate every symptom, and accelerate the fatal termination of the disease; they must not be permitted on every weak and trifling argument, which the patient may adduce.

This caution is the more necessary, since, where inclination is strong, reasons, light as air, are produced as the ostensible motives for a deviation from the rules laid down by the physician: but the friend, or the physician, who, through too much complaisance, allows any weight to such arguments, by no means fulfils his duty.

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Dr. Buchan, when treating of the regimen in this disease, says, "We do not, however, advise those, who have been accustomed to animal food and strong liquors, to leave them off all at once." But I cannot help suspecting, that this advice, in a work addressed to patients themselves, may frequently prove injurious, by allowing too great a latitude. For although the Doctor, aware of the ill consequences of neglecting a due attention to regimen; and, doubtless with a view of preventing the evils which improper indulgences may occasion, recommends, at first, wine to be drank diluted with twice or thrice its quantity of water; yet as wine generally turns sour on the stomach of those who are devoted to the pernicious custom of drinking spirituous liquors; it is much to be feared, that such persons will be likely to presume on this advice, of *not leaving them off all at once*; and will substitute, for the wine, a little of that to which they have hitherto been so much accustomed. There appear to me two powerful reasons, why this change should be undertaken, resolutely, at once. In the first place, as the cure of the disease depends on a certain change being made in the constitution,

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the more expeditiously this change is brought about, the greater the probability must exist of its effecting a cure. Since, during the time occupied by the endeavour to produce a gradual change, the chance of recovery may be entirely lost, by the accumulated forces the disease may obtain. In the second place, there is little or no chance of favourite habits being overcome in this gradual manner: the only mode of obtaining a victory, being by a resolute and firm resistance; every little indulgence allowed, like ground yielded to an enemy, tending, in general, to lessen the power of opposing his attacks. Dr. Cadogan, when pointing out the necessity of a similar abstinence, in gouty persons, and the disadvantages of attempting to do it by degrees, very justly observes, "But the danger of attempting it in this manner is, that it will never be done; and, like a procrastinating sinner, he will for ever put off his penitential resolution till to-morrow. If he did it all at once, I would be hanged if he died of the attempt; he would be uneasy for three or four days, that's all."

The argument for good living, which in this case is commonly adopted by patients, and their friends,

friends, is deduced from the weak state which accompanies the disease; and from observing the restorative effects of highly nourishing food, in those cases of temporary defection of strength, produced by long fasting, violent labour, or long continued exercise, of any kind; thence they suppose, that no method is so likely to remove the patient's extreme languor; as the supplying him, freely, with those things, which in health appear to be the source of strength and vigour. As it cannot be expected, that the directions of physicians will be implicitly obeyed, when the opinion of the patient and his friends immediately militate against them; the pointing out the fallaciousness of those opinions becomes necessary. This failure of strength, and wasting of the body, then, it must be understood, do not proceed from a deficiency of aliment, but are the necessary consequences of a diseased state of the system; and are only to be remedied by altering that peculiar state: until this be done, no advantage will result from any extraordinary supply of food.

The necessity of thus regulating the patient's food, is rendered obvious, by the farther consideration, that, soon after every meal, the hectic fever,

fever, the constant attendant on this malady, is always, for a time, augmented; the increase being greater, when the food is highly nutritive and stimulant, but less, when it is light and mild.

The diet must, therefore, almost entirely, consist of milk and vegetables; by blending which, an agreeable variety may be obtained. For breakfast, the patient may have milk, fresh from the cow; or, if it should prove offensive to the stomach in this state, it may be deprived of its cream. With the milk, may be eaten biscuits, or toasted bread, either dry, or spread with honey, or the jelly or marmalade of fruits.

Dr. Buchan says, "If it (the milk) should, notwithstanding, prove heavy on the stomach, a small quantity of brandy, or rum, with a little sugar, may be added, which will render it both more light and nourishing." The late Dr. Fothergill very justly observed, "There is one usual addition made to milk, which, I think, should be either wholly proscribed, or the most express directions given concerning it, I mean the common addition of brandy or rum to asses or cows milk."

Ardent spirits, he observes, occasion the milk to disagree, and augment the disease.

Boiled bread and milk, water-gruel, and milk-pottage, are very proper; and, if more agreeable, may be substituted for what has been already recommended. For dinner, a tolerable extensive range may be afforded the patient, in the various fruits, and other vegetable productions of the season. Apples dressed in different ways, turnips, asparagus, lettuces, dandelion, potatoes, parsnips, rice boiled into a pudding, either alone, or with the addition of an egg and milk, and puddings of various kinds, form a bill of fare, within the bounds of which, no one, surely, will refuse to confine himself, when it yields him almost the only chance of a restoration to health. For supper the patient may have salop, sago, tapioca, panada, or any of those articles which have been recommended as proper for breakfast. The drinks through the day may be, butter-milk, sweetwort, asses milk, goats milk, barley-water, pectoral drink, &c.

I mean not to assert, that animal food is, in every case, to be strictly prohibited, or to deny that there may be cases, in which its use may be advisable. But these are situations which
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are only to be pointed out by a thorough knowledge of the disease, and of the general state of the system.

The kind of exercise, and the degree to which it is used, at the commencement of this malady, must depend on the manner in which the first attacks were made. Thus, if it has been preceded by spitting of blood, or by considerable inflammation of the lungs, the exercise employed must be of the gentlest kind. But when the disease is produced by a long continued cough, or repeated catarrhs, exercise may be used to a greater extent. The necessity of this difference exists, however, only in the first stage of the disease; for after the disease is once formed, the same rules for exercise will be proper in almost every case.

A general maxim for the regulation of exercise in this disease is, that it be never employed to such a degree, as that the heat of the body be much increased by it, or that it induce much fatigue.

As the chief intention of exercise, in this disease, is to obtain the application of pure and fresh air to the lungs, it is evident, that the kind of exercise, most likely to answer the intention,

is that by which the patient is conveyed from one place to another, such as walking, riding, sailing, &c.

Walking, in consequence of its quickening the circulation of the blood, and so soon inducing fatigue, is the kind of exercise least likely to prove beneficial in these cases, and must be had recourse to with great caution.

Riding on horseback, is an exercise, in many respects, much preferable to walking; as the patient is, by this means, sooner conveyed into a more pure and salubrious atmosphere, and is, at the same time, able, by regulating the pace of his horse, to adapt his exercise to his strength, and to his ability of bearing it. But the exercise of riding, as well as that of walking, requires some exertion on the part of the patient, and therefore is not admissible, except with the greatest caution, in those cases where there exists a suspicion of inflammation, or impending hemorrhage.

In those cases where the exposure to the open air is necessary, but where weakness, or any other circumstance, renders it necessary that this should be done with the least possible exertion, recourse must be had to the conveyance of a carriage;

carriage; which may be more or less open, according to the mildness or inclemency of the weather,

The mode of conveyance, which is to be preferred to all others, when no injury is likely to be induced by the violent exertions attendant on sea-sickness, is that of sailing; since here the patient may enjoy the benefit of a succession of fresh and salubrious air, whilst the body is exercised in the most regular and equable manner; at the same time, the patient may farther exercise himself, to the degree that his strength will admit, and his case require.

Where the benefit of sailing, or of a carriage, cannot be obtained, and where the exercise of walking, or riding on horseback, is not admissible, swinging is a mode of exercise which may be employed with the greatest safety and advantage.

It is not sufficient that the patient breathes air that is fresh, and untainted with noxious vapours; it is also necessary, that the atmosphere, to which he is exposed, be temperately and uniformly warm. At the approach, therefore, of cold weather, the patient should remove to a warmer climate; varying the situation, ac-

ording as the vicissitudes of the seasons may render it necessary. The advantages to be derived from a change of climate, in these cases, are so great, that, when joined with due restrictions as to diet, it sometimes accomplishes a cure, in cases where medicine alone would have been of no avail.

It has been remarked, that the inhabitants of this island are particularly liable to this disease; and this has been said to be owing to the frequent and sudden changes in the weather, and the almost constant predominance of moisture in the atmosphere. A removal to a more temperate climate, where the transitions of the weather are less considerable, and less sudden, is therefore particularly necessary, for such as have reason to apprehend even a disposition to this disease.

Air, extremely pure, is not, however, in this disease, always proportionally salubrious; on the contrary, it has been found, that, in some cases, advantage has been obtained from breathing an atmosphere more impure than the common atmospheric air.

Experiments shew, that the atmospheric air contains two different airs: the one termed

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vital or *oxygen* air, which supports respiration and combustion; the other called *azotic* air, in which combustion soon ceases, and animals quickly die.

An animal being confined under a glass, with a certain quantity of atmospheric air, will soon die: and the air remaining in the glass being examined, it will appear, that the *oxygen* is consumed, and that the glass now contains *azotic* air, and *fixed*, or *carbonic acid* air. Experiments also prove, that this change has been thus effected—the blood, which arrives at the lungs of a dark colour, parts with the *carbon*, or charcoal, it contains, which, uniting with one part of the *oxygen*, forms the *carbonic acid* air. Another part of the *oxygen* unites with the *hydrogen* or *inflammable* air, which is separated from the blood, and with it forms the humid vapour that issues from the mouth. The other part of the *oxygen* is imbibed by the blood in the lungs, which it renders of a bright red colour. Thus absorbed, the *oxygen* becomes a general stimulus to the whole animal system.

Possessed of this knowledge, several intelligent physicians have employed the two constituents of atmospheric air, in various proportions,

in different diseases. By this they have discovered, that by breathing an increased proportion of oxygen, the insensible perspiration is increased, digestion is quickened, the animal heat and the muscular powers are increased, and the respiration rendered easy; and that by breathing air in which azotic air prevails, febrile heat is moderated, and morbid action, especially in the finer vessels of the lungs, is restrained.

Oxygenated air has been successfully employed in putrid fever, asthma, dyspnoea, chlorosis, dyspepsia, ulcers of the leg, scurvy, and other diseases, by Drs. Beddoes, Thornton, Carmichael Smyth, Darwin, Ferriars, Pearson, &c. *Azotic* air, and chiefly air termed the *hydrocarbonate*, has been successfully applied, by the same gentlemen, in pleurisy, croup, catarrh, spitting of blood, and even in consumption.

Hence, then, it appears, that so far from a removal into the pure air of the country, being indicated in every case of consumption; that cases must often occur, (those where inflammation prevails,) in which the air, even of a crowded city, may be preferable.

Pulmonary consumption is a disease, to which those who are afflicted with a scrophulous habit are particularly disposed; and is, undoubtedly, very

very frequently the consequence of such a diseased habit, where, however, there may not be any other very obvious mark of its existence. The benefit arising from the sea air, in scrophulous cases, is well known, and points out another reason for preferring sailing to any other exercise, or mode of conveyance. Still, however, remembering, that if the patient be liable to very violent exertions from sea-sickness; and cannot, by proper accommodation, obtain an entire exemption from the injurious effects of cold and rain, more injury than advantage may follow from a sea-voyage.

In consequence of the application of cold and moisture to the skin, the innumerable vessels disposed on the surface of the body become constricted, and the blood is driven back on the internal parts; inevitably occasioning additional injury to those organs, which are already diseased, and unable to bear an additional load. To prevent this from taking place, the utmost care must be taken in the choice of the patient's clothing, which should be so contrived, as to defend the surface from the action of cold, and, at the same time, support a free circulation through the extreme vessels. Flannel worn
next

next the skin, is of the utmost service in these respects, since, by exciting a slight irritation on the skin, it occasions an increased determination of blood and heat to the surface; by which the internal parts are, of course, relieved. Besides this, it allows the accumulation of heat to take place more abundantly on the surface of the body, than would be the case, if linen, or any other substance of a closer texture, were worn. Nor is it liable, if rendered damp by perspiration, to occasion cold chills, when reapplied to the skin, after having been a little separated from it; a circumstance which cannot fail but take place, when linen clothing is worn next to the skin.

In those cases, where the irritation on the surface is not desirable, and where the perspiration is considerable, the fleecy hosiery will be found to be more pleasant and beneficial than the flannel.

The clothing must, in general, be light, but warm. The chest, in particular, should be well defended from the cold, and the feet from the damp.

By a strict attention to the above-mentioned directions, cases, which otherwise might prove fatal,

fatally, may frequently be brought to a favourable termination. To expect success, however, it is necessary that these regulations be adopted in the early stages of the disease, and persevered in with the strictest conformity for a considerable time.

INFLAMMATION OF THE STOMACH.

In this distressful and dangerous malady, there is an acute burning pain in the region of the stomach, vomiting, and fever. Excessive thirst and restlessness also harass the patient. The pulse is small, hard, and quick, and the debility and languor exceeds that which accompanies almost any other case of inflammation. The breathing is performed with considerable pain, and the region of the stomach is extremely tender to the touch. If the disease is not subdued, hiccup, delirium, and convulsions, soon come on, and, with coldness of the extremities, and clammy sweats, point out that death must inevitably succeed.

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Inflammation of the stomach may be occasioned by acrid, or hard and indigestible substances, taken into the stomach, and drinking extremely cold liquors whilst the body is in a heated state. It may be also produced by various internal causes, as well as those general causes of inflammation before recited.

Among the most powerful causes of this disease, may be considered the suddenly passing from a cold atmosphere into warm rooms. Of the evils which may be thus produced, I have indeed already spoken fully; but the lesson cannot be too strongly impressed, and the following opinion, from so respectable an authority, ought not to be here omitted. Dr. Crichton, speaking of the evils arising from transitions from cold to heat, says, "It may be remarked, that almost all the cases of inflammation of the lungs or stomach, to which the common people of London are subject, arise from similar causes. Either they have been riding in carts, or on the tops of coaches, in very cold weather, and afterwards have come into a warm room, probably an alehouse; or else they have been working for hours in drains, or in similar cold situations. While they remain in the cold, no symptoms of the

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the disorder occur. It almost always commences when they get home.*

The stomach may be affected with that species of inflammation termed phlegmonic, or with that which is of an erisipelatous kind. The history which has been just given describes the progress of the former, which is an acute disease: the existence of the latter, is generally made known by the appearance of the following symptoms. In the beginning, a moderate degree of pain, and a sensation of heat, is experienced at the pit of the stomach. A nausea, and sometimes retchings, are produced by the taking any substance into the stomach; an increase of the pain always being excited, in proportion to the degree of acrimony which the substance possesses. As the disease proceeds, the pain commonly increases; seldom, however, becoming exceedingly acute, but sometimes teizing the patient for a considerable time. Thirst, and a frequency of the pulse, are in general also observable; but oftentimes the general state of the system will be very little

* Inquiry into the Nature and Origin of Mental Derangement, vol. i. p. 29.

affected.

affected. This kind of inflammation has been frequently known to extend into the throat, and even to reach to the internal surface of the mouth, and sometimes it has occupied successively the whole tract of the intestines.

The benevolent family practitioner will necessarily perceive, that such an affection of so important an organ as an acute inflammation of the stomach, is too replete with danger to allow him to attempt to conduct the patient through the whole course of this disease. A regular plan of cure is therefore not intended to be here delivered, but only such observations as may be likely to prove of benefit, and which cannot occasion any mischievous error.

A violent pain in the region of the stomach, with sickness and fever, should be always very seriously attended to; and if regular medical advice cannot be directly obtained, the patient should be copiously bled from the arm, the bowels emptied by means of a clyster of water-gruel or weak broth, and a blister be applied immediately over the pained part. The patient should be immersed in a tepid bath, all his drinks should be given lukewarm, and the

the taking any thing possessing the least acrimony carefully avoided.

Should the disease be considerably mitigated by these means, yet the aid of the regular physician is absolutely necessary, as it will still require the utmost vigilance and care to prevent a relapse. Great danger would follow, if the patient, misled by a deceitful truce, should, by omitting a due attention to those things which may be beneficial or injurious, occasion a return of the disease; since the patient, weakened by the previous disease, and the remedies by which it had been removed, is but little able to support those evacuations which again become necessary.

When the disease is, to all appearance, entirely removed, the greatest care will be necessary for a considerable time afterwards, lest a relapse should be induced. For this reason, those circumstances which were enumerated, when speaking of the causes of this inflammation, must be studiously avoided; particularly the passing suddenly into a much warmer or much colder temperature. A flannel waistcoat worn next the skin may prove highly serviceable, by defending

defending the convalescent from those vicissitudes of weather to which he must necessarily be exposed.

In the other species of this disease, which is evidently more of a chronic kind, the length of its duration will always allow of application to the regular professor of the healing art; which, in this complaint, ought never to be precluded by the experiments of the ignorant. This disease is always accompanied by extremely troublesome, and frequently by dangerous, symptoms; and which, so far from decidedly pointing out the nature of the disease, are generally so ambiguous, that much skill is required to detect it. Whenever, therefore, any one is attacked with complaints, similar to those laid down in the history of this disease, speedy application should be made for medical assistance.

During the process for the cure of this disease, and even for a considerable time afterwards, the same cautions are requisite, as were mentioned when speaking of the other species.

An affection of the stomach, in which considerable pain is experienced, from the confinement of air in this bowel, will not be easily distin-

distinguished, by a common observer, from inflammation. This is a distinction, which is, however, absolutely necessary to be made; since the mode of cure required in the two cases are widely different. Should the patient, or his attendants, be misled, and have recourse to spirituous and aromatic liquors, in inflammation of the stomach, supposing the disease to be occasioned by an accumulation of wind, a fatal termination of the disease will be most rapidly produced.

The nausea and urgings to vomit, may be sometimes the cause of a mistake, pregnant with the greatest danger; for upon a supposition that some offensive matter is contained in the stomach, an emetic is frequently given, which must necessarily be productive of a considerable increase of the inflammation.

INFLAMMATION OF THE BOWELS.

An acute, fixed, burning pain, with a considerable degree of tension of the belly, obstinate costiveness, hard and small pulse, with
 O fever,

fever, are the symptoms which characterise this dreadful malady.

This disease commences, generally, with slight wandering pains in various parts of the belly; but which generally become fixed, about the region of the navel. Soon after this, the pain becomes excessively violent, as though caused by the application of some burning substance to the bowels; the belly becomes swelled, tense, and extremely tender to the touch; the tongue is parched, and of a dark brown colour, and the thirst unquenchable; frequent and violent urgings to vomit come on; the urine is passed but seldom; and but seldom is any discharge of faeces obtained, in spite of the greatest efforts. The pulse is hard, but small. The fever is, in general, acute; in some cases, being observable before the coming on of the pain, and, in others, not until afterwards. If efficacious remedies are not had recourse to, gangrene soon comes on. This is known to be the case, by a sudden cessation of the pain; from which the patient, and his attendants, are sometimes disposed to derive flattering expectations: but the sunk countenance, and fluttering pulse, with convulsions, and coldness of the extremities,

ties, soon shew what fatal termination has taken place.

This description would, perhaps, be sufficient to enable any one to discover the nature of this disease, at its first appearance; but that it sometimes exists, according to the greatest authorities, without being marked by those symptoms, which are, in general, its distinguishing *criteria*. Thus dissections have shewn, that inflammation of the bowels has existed, and terminated in gangrene, where neither fever nor pain had been perceived, but in a slight degree.

Inflammation of the bowels may sometimes, at its commencement, be not immediately distinguished from that of the stomach, or liver; but this is not of much importance, since the means of cure necessary to be adopted, at the first, in either of these cases, would be beneficial in all.

The most dangerous error, with respect to the treatment of this disease, is when it is mistaken for colicky pains; to which family practitioners generally refer almost every painful affection of the belly. The remedies, which are almost always had recourse to, on these occasions, are aromatic, spirituous, and heating liquors, under

the delusive titles of colic elixirs, family cordials, &c. These, it is evident, must necessarily accelerate the termination of this disease, in mortification.

This disease may be occasioned by the same causes which were recited, when treating of inflammation of the stomach. It may also be the sequel of other diseases, as of herniæ, coliciveness, dysentery, worms, &c.

If the pain, before the disease has existed long, changes its situation, and becomes less violent; if the vomitings lessen, and stools are procured; if the heat lessens, and the pulsation of the artery at the wrist seems to expand, it may be expected, that a resolution is taking place. But if the pain increases, and keeps constantly in one point, and the belly becomes more tense and tender to the touch; if no stools are obtained, and the vomitings come on more frequently, and contain stercoraceous matter, it is too evident that the disease is increasing; and should sudden cessation of the pain, hiccups, clammy sweats, blackness of the tongue, fallen countenance, and coldness of the extremities, occur, these symptoms will evince that death is very near.

No apology can be necessary for declining to give a regular plan, for the treatment of this dreadful disease; since no directions, however explicit, could suffice to enable those, who do not possess real medical knowledge, to make the necessary discriminations, in investigating the nature of the malady, and in selecting proper remedies for its removal.

Every painful affection of the belly, however slight, should be immediately attended to. If the belly becomes swelled, hard, and painful to the touch; and the pulse hard and contracted; blood should be taken freely from the arm, and the patient put into the warm bath, about the same temperature as the skin; or, if this cannot be conveniently done, flannels wrung out of hot water should be applied to the belly, until a blister can be procured; which should be applied as soon as possible after the bleeding. Mild emollient clysters, of barley-water, gruel, &c. may be given, until stools are obtained; and the patient be put to bed between the blankets, and supplied moderately with the most bland diluting liquors, such as barley-water, gruel, rice-gruel, &c.

Dr.

Dr. Buchan recommends, that "The clysters
 "may be made of barley-water, or thin gruel,
 "with salt." But Dr. Duplanil, the translator
 of Domestic Medicine, remarks, "Plus les
 "douleurs sont violentes, plus l'inflammation
 "est considerable, & plus les remedes doivent
 "etre adoucissans. Les lavemens avec le sel
 "ne doivent donc etre donnés, qu'avec circon-
 "specion."—The more violent are the pains,
 the more considerable is the inflammation, and
 the more appeasing ought the remedies to be.
 The clysters *with salt*, ought therefore not to be
 given, but with circumspection.

During the time that is employed, in the use
 of the above-mentioned means, proper advice
 may be obtained; for which reason, and as
 the utmost caution is necessary, in deter-
 mining what internal remedies may be ventured
 on, they are not here enumerated.

Dr. Buchan, whilst treating of inflammation
 of the bowels, says, "It has sometimes hap-
 "pened, after all other means of procuring a
 "stool have been tried to no purpose, that this
 "was brought about by immersing the patient's
 "lower extremities in cold water, or making
 "him walk upon a wet pavement, and dashing
 "his

" his legs and thighs with the cold water. This " method, when others fail, at least merits a " trial. It is indeed attended with some dan- " ger; but a doubtful remedy is better than " none." In cases of obstinate costiveness, where there is no reason to suppose that any inflammation exists, this experiment may be tried: but in this disease, no circumstance can warrant the adopting this practice, since there cannot be a doubt, that by this application of cold the blood will be driven from the lower extremities, and be afterwards thrown, in an increased quantity, into the vessels of the diseased part, occasioning, not only an increase of the inflammation, but, in all probability, a rapid termination of it in gangrene.

Similar cautions, with those which were recommended, at the close of the observations on the inflammation of the stomach, will be necessary to be attended to, to prevent a return of this disease.

INFLAMMATION OF THE LIVER.

It has been asserted, by very great authorities, that the inflammation of the liver, was a disease, very rarely to be met with; but dissections shew, that this malady occurs more frequently than has been supposed, scirrhus hardness, suppuration, &c. being often discovered in the liver after death, when inflammation has not been suspected.

Pain in the region of the liver, under the collar bone, and in the shoulder of the right side, with fever, shortness of breath, a dry cough, vomiting, hiccup, and a difficulty in laying on the left side, are the most conspicuous symptoms produced by an inflammation of this organ.

In general, the disease commences with a rigour, or shivering, which is succeeded by febrile heat, loss of strength, thirst, and general uneasiness. The pain is sometimes dull, but at other times very acute. The pulse is stronger and quicker than natural: the urine high coloured, and small in quantity.

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If this inflammation be properly treated, in the first days of the disease, a resolution may, in general, be obtained. But should the disease not yield to the means which are at first employed, it is most likely that it will terminate in suppuration. When this takes place, the pulse becomes softer, frequent shiverings pervade the whole system, and the pain considerably abates, and is accompanied by a sensation which is described as resembling that which would be produced by a weighty substance added to the part affected. The patient becoming hectic, loses his strength, and wastes gradually, until colliquative sweats and diarrhæa takes place, when his remaining strength is soon exhausted. The contents of the abscess sometimes obtain a discharge, either through the biliary ducts, or through some of the adjoining parts, with which adhesions have been formed by the preceding inflammation. In some cases, where the disease has proceeded with great rapidity, it has been discovered, that a gangrene had taken place. This termination is marked by a cessation from pain, prostration of strength, small, and sometimes intermitting pulse, coldness of the extremities, and convulsions.

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This disease may either possess the convex, or the concave part of the liver. From the variety this may occasion in the symptoms, some difficulty may occur in ascertaining the nature of the disease, even to the most experienced. Nor is this the only source of error in this case; for there are other diseases, which, being accompanied by those symptoms, which are always observable in inflammation of the liver, are liable to be confounded with it, by those who are not thoroughly versed in the knowledge of diseases. The diseases here alluded to are the pleurisy, colic, and inflammation of the stomach and bowels.

Those who possess a sanguine temperament, and are of a middle age; who live freely, indulging in the use of spirituous liquors, and are frequently exposed to the cold air, are particularly disposed to this disease. Violent exercise, exposure of the heated body to the cold air, solid concretions, or collections of liquid matter in the liver, and drinking largely of spirituous liquors, may be the exciting causes of this malady. The cure, as in other internal inflammations, must be attempted by the timely use of bleeding, a strict spare diet, blisters, fomentations, cathartic medicines, &c.

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To deliver in a work of this kind a regular process for the cure of this disease, would be to occupy the reader's time, without his being likely to derive any benefit from it; since, as has been before observed, the utmost skill is often requisite to discover this disease, and distinguish it from those which are accompanied with similar symptoms. This difficulty has been acknowledged by some, whose knowledge in their profession has been so eminent, that their precepts have been held in the highest degree of estimation by the rest of the medical world. If such men have found a more than ordinary exertion of their minds necessary, in the investigation of this disease; surely, the information within the reach of a domestic practitioner, can never be sufficient to allow him to undertake the cure of so dangerous a malady.

Should the disease, indeed, appear to be unequivocally pointed out by the symptoms, described in the foregoing history of the disease, and regular medical assistance be not directly obtainable, a large quantity of blood, that is to say, fourteen or sixteen ounces, if the patient be an adult, should be directly taken away; and

and, a mild, but efficacious cathartic, be given. Flannels wrung out of warm fomentations, may be applied to the region of the liver; after which a large blister may be applied on the pained part, and, the patient being put to bed, a sweat may be excited by such means, as will not cause any increase of heat in the system. Warm watery drinks, as barley-water, &c. may be used for this purpose, taking care, that they are not swallowed in such large quantities, as too much to distend the stomach; since that will almost always occasion an increase of the pain.

Those who have once suffered from this disease, should be very careful in not exposing themselves to cold, moist air, especially when heated; their bowels should be kept regular, and their diet should be composed of substances easy of digestion; and void of acrimony. Pickles, all kinds of spiceries, and spirituous liquors, being carefully avoided.

Those who are so miserable, as to have devoted themselves to the destructive habit of drinking to excess, are particularly liable to diseases of the liver. Tubercles, scirrhus hardness, and chronic inflammations, are the changes

changes which, in general, are produced in this organ by this pernicious practice. In consequence of the small degree of sensibility, with which the substance of this *viscus* is endued, it frequently happens, that these alterations become very considerable, before either pain, inconvenience, or any symptoms arise, from which the patient can derive a suspicion of his calamitous situation. Too often is a man, boasting of the strength and invulnerableness of his constitution, which he supposes repeated excesses have no way impaired; when such changes have actually taken place, as prove the foundation of distressful and incurable diseases. Several instances have occurred, where, upon dissection, large tubercles and abscesses have been found in the liver, a suspicion of the existence of which had never been entertained during the life-time of the patient.

This alarming statement of the evils resulting from the drinking spirituous liquors, would not have been made, but with a faint hope of confirming the resolution, of some one of my readers, who may chance to be wavering between the gratification of his perverted taste, and a wish to free himself from a practice productive

ductive of so much evil. Unfortunately, it too frequently happens, that, on these occasions, fear suggests, that the constitution may be already too much injured to allow any hope of returning health; and inclination prompts the conclusion, that to oppose the appetite will be as useless as it will be mortifying. But I must here remark, with the hope of strengthening the resolution, in a contest where so much is at stake; that, not only will the animal system sometimes bear these attacks for a considerable time, with so little serious injury, that on their being foreborne it will nearly admit of a restoration; but that even when the constitution has been so harrassed by excesses, that a morbid affection of the liver has taken place, the return to moderation, and the employment of well adapted medical means, will not unfrequently occasion the renovation of health.

INFLAMMATION OF THE KIDNEY.

PAIN in the small of the back, passing forwards toward the bottom of the belly, with
fever,

fever, vomitings, and frequent voiding of the urine in small quantities; sometimes very pale, and at other times of a high red colour; are the symptoms which, in general, characterise the inflammation of the kidney.

When it is occasioned by the passage of a calculous concretion, that circumstance is supposed to be pointed out by a numbness of the thigh and leg, and by a drawing up, or pain of the testicle of the same side.

The termination of inflammation of the kidneys may be either in resolution, suppuration, or gangrene. The first is known to have taken place, from the gradual cessation of all the symptoms. But when these have continued for some days, without remission, the pain becoming throbbing and more acute, and frequent shiverings take place, it may be known that matter is forming; which is rendered more certain, by the pain afterwards abating, and the shiverings increasing. The matter thus formed, is, in general, discharged with the urine. It too frequently happens, that after suppuration has taken place, a hectic succeeds, and the patient dies. But when the symptoms suffer no abatement, from the means which are used, but the

the vomitings increase, the pulse becoming smaller and quicker, the breathing difficult, the extremities cold, and the stools are passed without the patient's knowledge; there is reason to suppose, that the disease will terminate fatally by gangrene.

Excessive exertions, external injuries, hard riding, violent strains, exposure to cold when the body is heated, and to a considerable degree of heat, when chilled, may be reckoned as exciting causes of this disease. But the most frequent cause of this malady is, doubtlessly, calculous matter impacted in the kidney itself, or in the *pelvis* of the kidney at the commencement of the *uræter*.

The nature of this disease, is not pointed out so clearly by its symptoms, as to be known by any but such as have had frequent opportunities of noticing it. The cure, therefore, ought never to be attempted, by any but those who possess a requisite degree of skill.

But where professional aid cannot be obtained at the first attack of the disease, and the nature of the disease is rendered evident, a copious discharge of blood may be obtained from the arm; and stools may be procured, by purgative medicines,

medicines, and emollient clysters. The external parts, immediately over the pained part, may be fomented with hot and stimulating fomentations; and, if it can be obtained, the patient may be immersed in a warm bath, being immediately afterwards put into bed, between the blankets, and supplied freely with cooling and demulcent drinks, as barley-water, with the addition of gum Arabic; linseed-tea, decoction of marshmallows, apple-liquor, &c. with the hope of inducing copious perspiration. A flannel, four folded, and wetted with spirits, to which an eighth part of spirits of hartshorn is added, may be applied warm to the small of the back, for the purpose of exciting heat, and a slight degree of inflammation on the external parts. Over this flannel, a bladder filled with hot water, may be applied with great benefit.

Dr. Buchan says, " If the bladders be filled
 " with a decoction of mallows and camomile
 " flowers, to which a little saffron is added, and
 " mixed with about a third part of new milk,
 " it will be still more beneficial." But this opinion is undoubtedly erroneous, since none of the medicinal properties of these ingredients can have any effect, through the bladder. Every purpose will be therefore fully answered,

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by the bladder being filled, with hot water alone.

Opiates are serviceable, in some cases, when given after the inflammation is somewhat abated, but much judgement is required, to determine when they may be employed with safety; since, if used at too early a period of the disease, the inflammation must necessarily be thereby increased. Of this, however, and of the other circumstances, in the subsequent management of the patient, it is not necessary to speak, since these will be directed by the physician.

But if medical aid should have been too long deferred, or, from the ambiguity of the symptoms, the domestic practitioner should have mistaken the case, and, of consequence, treated it improperly, a suppuration will most probably take place. Should this happen, and the matter be discharged with the urine, the greatest care must be taken, by the patient, that his food consist of the mildest and most mucilaginous substances; avoiding every thing which is heating, or which is salt and acrid: living chiefly on milk, puddings, broth, vegetables, fruits, butter-milk, &c. Moderate exercise should be used, and that chiefly in the open air.

INFLAM-

INFLAMMATION OF THE BLADDER.

THE inflammation of the bladder is known by an acute pain at the bottom of the belly, which is much increased by pressure, and is accompanied by almost constant urgings to void the urine and stools. Of the former, there is sometimes a total retention, at other times it comes away frequently, but in small quantities at a time, and with much pain: the stools are, in general, obstinately retained likewise, and when discharged, it is with pain. This disease is accompanied with fever, in proportion to the degree of violence in which it exists; but as it seldom occurs as a primary disease, a considerable variety must be expected in this, and the other accompanying symptoms.

The causes of this disease are, calculous concretions, suppressions of urine from obstructions in the urethra, cantharides taken internally, or applied to the skin, wounds, bruises, &c.

Any admonition as to the admission of domestic quackery in this disease, seems to be almost unnecessary; as the alarm and the distress

it excites is generally sufficient, to produce an application to those best qualified to administer relief. It will be, however, proper to call the attention to the ill consequences that arise, from delaying, too long, the necessary opposition to the disease. It sometimes happens, that, from the patient's having been unhappily too much accustomed to pain, or from his not attributing the distress he experiences to the true cause, he neglects the obtaining of assistance through the first stage of the disease. When this happens, there is much reason to fear, that the most skilful surgeon, or physician, will be unable to prevent very disagreeable consequences. Should the inflammation possess that part which is termed the neck of the bladder, or should the disease be chiefly seated in the *prostrate gland* which surrounds this part, there will be great danger of the patient's losing the power of retaining his urine.

If, therefore, no doubt remains, as to the nature of the disease, and regular medical aid cannot be soon obtained, blood may be taken away plentifully from the arm, stools procured by some active purgative, avoiding those of the saline class, and clysters, of the decoction of poppy-

poppy-heads, may be injected every two or three hours. Fomentations, also, of the same decoction, may be kept constantly applied, over the bottom of the belly; and, if possible, the patient should be immersed in the tepid bath, and in other respects treated as has been just recommended, in the inflammation of the kidneys; excepting that, where an entire retention of urine exists, no more must be drank than is absolutely necessary.

Should the disease terminate by suppuration, the conduct of the patient may, in that case also, be regulated, by the directions just given, in the supposed case of suppuration in the kidneys.

INFLAMMATION OF THE SPLEEN.

THIS disease, which does not often occur, is to be discovered by fever, with tension, heat, swelling, and pain, of the left hypochondriac, the pain increasing upon pressure. Inflammation of the spleen requires nothing peculiar in its mode of treatment, nor yields any circum-

stance, from which I can deduce any particularly useful observation.

INFLAMMATION OF THE PERITONEUM.

INFLAMMATION of the peritoneum may be supposed to exist, when there is fever, with a considerable degree of pain of the belly, which is increased during an erect posture, and no symptom characteristic of inflammation of any particular bowels.

The treatment of this disease, and the management of the patient, should be directed by the rules laid down, when treating of inflammation of the bowels.

Dr. Baillie, in his most valuable work, *The Morbid Anatomy, &c. of the Human Body*, has this important remark on this most serious disease: "When the inflammation is slight, I have known the pain to be very inconsiderable, and the pulse to be little increased in its frequency, so that inflammation of the *peritoneum* had not been suspected." A disease thus

thus insidious must require all the circumspection and knowledge that study can supply, even to detect it. To the domestic practitioner, nothing more surely need be said, to deter him from an improper interference, in cases marked by symptoms, such as have been just described.

RHEUMATISM.

RHEUMATISM may be very properly divided into two species, the acute and the chronic. Each of these I shall speak of separately, beginning with the acute.

The acute rheumatism generally begins with a sense of coldness pervading the whole body, frequently arising to such a degree, as to occasion shivering. This is succeeded by feverish heat, the pulse becoming fuller and quicker, and the urine higher coloured, than in health. After these symptoms have existed a day or two, the patient feels sharp wandering pains, in various parts of the body; sometimes these pains accompany the other symptoms, from their first appearance, and sometimes the pain

precedes the febrile symptoms. The pain chiefly affects the joints of the ankles, wrists, knees, and elbows, the patient being, in some cases, tormented with excruciating pains in several of these places, at the same time; in others, this painful affection is produced, in one joint, as it lessens in another; and often distresses the unfortunate sufferer with repeated attacks of the same joint. Redness and swelling of the part generally accompany the pain.

The pain, in general, is so considerable, as entirely to deprive the patient of rest; and the night, instead of bringing sleep, is generally the time, when the pain and restlessness are most excessive. Partial viscid sweats frequently come on, but without any accompanying relief. But sometimes general and copious perspiration occurring, with a diminution of the pain, affords great reason to hope for a speedy and favourable termination of the disease.

The duration of this disease is very uncertain; but, in general, unless very efficacious means are used, it will continue, with very little amendment, for two or three weeks, and sometimes even longer.

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This disease is much more frequent in cold, than in warm climates; and in those seasons in which the weather is variable, than even when it is constantly cold: thus it is oftener met with in spring and autumn, than in winter.

Those are most disposed to acute rheumatism, who are of a middle age, and of a sanguine temperament. Those, also, who have once suffered from this complaint, are more liable to its attacks than others.

Those circumstances, which have already been spoken of, as rendering the system apt to take on an inflammatory state, will render the body more susceptible of injury, from the changes in the state of the atmosphere, and thereby more liable to rheumatism.

This disease requires very great skill and attention in those who attempt its cure; for although it is evidently of an inflammatory nature, it is also very certain, that it is, in many respects, different from that kind of inflammation, of which we have hitherto treated; and that it requires a very considerable difference in the mode of cure.

As in other inflammatory diseases, so in this, bleeding is often a very powerful remedy: this
should

Should be performed to such an extent, as its effects may direct, and the strength of the patient allow. In some cases, the taking away of blood may be highly injurious; and in other cases, where it is even advisable, much care must be taken, lest the blood be taken away in too large a quantity. Besides, it must be observed, that the discharge by which most relief is gained, in this disease, is that of perspiration. This, if properly obtained, and the patient properly managed, seldom fails of removing the disease; especially if it has not long existed. During the use of sudorifics, the bowels should be kept regularly open, and the violence of pain moderated by anodyne applications to the part.

As it is a point by no means easy to ascertain how far the evacuation of blood may be allowed, so does it require nicety of judgement to determine, how far evacuations, of any kind, may be permitted; since, it is well known, that there is a period in this disease, after which, evacuations, of any kind, not only weaken the patient, but lengthen the disease; and cordial medicines, a restorative diet, and even the use of the bark, are indicated.

As in other diseases, a small quantity of blood is often necessary to the recovery of the patient.

In the acute rheumatism, the regimen must be governed by the same indications which direct the physician in his choice of remedies.

In the chronic rheumatism, the pains are less acute, and seldom accompanied with fever; nor is any redness discoverable on the parts affected. The larger joints, and the muscles, are most commonly the seat of this disease; such as the hip and shoulder joints, deltoïd muscle, &c. The integuments above the pained part are always cold to the touch, it being difficult to excite in them either warmth or perspiration.

Sudden strains and exertions may be mentioned here, as a frequent cause of chronic rheumatism, in addition to what was said of the causes, when treating of the acute kind.

The remedies which may be used in this disease, are either internal or external. The internal remedies are chiefly such as act by determining the blood to the surface, and by producing an increase of perspiration. Such are, the salts of hartshorn, the volatile tincture of guaiacum, &c. the effects of which may be accelerated by drinking freely of white wine whey, or mustard whey, made by boiling the
seeds.

seeds of mustard in milk. The external applications are chiefly such stimulating applications as excite a redness in the skin over the part affected: these may be, camphorated spirits, oppodeldoc; or, if these prove not sufficiently stimulating, if used alone, they may be mixed with the volatile spirits of hartshorn, oil of amber, &c. Friction with a flesh brush renders these remedies still more effectual. Electricity has been successfully used in many cases. The wearing a plaister of Burgundy pitch over the part has also often proved serviceable.

To prevent the return of either state of this disease, the patient should defend himself by warm, but light clothing, from the inclemencies of the weather. Over the parts which are most particularly the seat of the disease, should be worn flannel, or rather clothing of fleecy ho-fiery.

The passing suddenly out of one atmosphere into another, differing much in temperature from the former, is very likely to occasion this disease. Exposure of the body to a stream of cold air, is also likely to prove very injurious, especially if it be applied to one particular part only, and that the body is in a heated state. Damp clothing should

should be carefully avoided, as well as the exposure to a moist atmosphere, the ill effects of cold being much increased by the joint action of moisture.

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of moisture. The exposure to a moist atmosphere, the ill effects of cold being much increased by the joint action should be carefully avoided, as well as the

